

www.ebparks.org

"Regional in Nature"

East Bay Regional Park District

Activity Guide

May-June 2005



Regional Parks Swim Areas

Contra Loma, Antioch
Cull Canyon, Castro Valley
Don Castro, Hayward
Del Valle, Livermore
Lake Anza, Berkeley
Quarry Lakes, Fremont
Shadow Cliffs, Pleasanton
Temescal, Oakland
Plus Roberts Pool in Oakland



User survey measures trail use, conflicts, satisfaction

Users give District trails high marks, suggest improvements

The East Bay Regional Park District manages over 1,100 miles of trails with over 14 million park visits per year. Nearly 80 percent of trails are multi-use, meaning they are shared by hikers, bikers, dog walkers, and equestrians.

To get a better feel for who is using the trails and why, the East Bay Regional Park District's Board Operations Committee initiated a trail use survey, which took place last summer.

The goal was to determine typical use patterns, nature and frequency of trail use conflicts, and overall visitor satisfaction.

Over 1,649 trail users responded during a 10-week period at 20 different trail locations.

The Park District was very pleased with the results—97 percent of respon-

dents said they were "somewhat to extremely" satisfied with the trail system.

Most respondents lived nearby, came often, and cited health and nature enjoyment among their reasons for visiting. Over 40 percent enjoyed the trail system with their dogs.

Respondents listed convenient locations, good terrain, and aesthetic quality as the top reasons for using a particular trail.

Of course, there is always room for improvement. Suggestions made by trail users included better trail maintenance, more restrooms, and better signage including mile markers.

Reported trail conflicts are always a concern to park staff. Findings showed that over 21 percent of respondents reported being involved in or observing

some form of conflict with other trail users, most often citing dogs off leash and speeding bicycles.

Thanks for your help

The information gained from these surveys is most valuable and the Park District Operations Division thanks our 2004 summer interns for their hard work in collecting the data, and our park visitors for taking the time to answer this survey.

The results will go a long way in the Park District's continued efforts to offer an enjoyable park experience for all.

If you would like to read more or take a look at the actual survey and summaries of the results go to the Park District's Downloads page at www.ebparks.org/resources/resources.htm#trails.

Summer Day Camp Directories are Here!

Each year, the East Bay Regional Park District collaborates with many day camp providers to offer summer programs throughout the parks. Day camps are available for kids ages 5 to 15. But hurry, they fill up fast. **To get your free 2005 Day Camp Directory, call 510-544-2510.**

And don't forget about the Park District's own **Park'n It Day Camp**. This is the third year for this very successful summer



program, which offers a unique park experience every week from exploring an estuary to spending time on a farm. The camp is

geared toward children entering 1st through 8th grades. Our popular Open Water **Junior Lifeguard program** is in its 11th year at six East Bay lakes. For 9- to 15-year olds, junior lifeguards are taught valuable lifesaving skills with hands-on experience using lifeguard equipment. The focus is always on healthy exercise and plenty of fun. **For more information about these programs,**

- call 510-636-1684
- sign up online at www.ebparks.org and look for "WebReg".

Financial assistance for summer day camps is available from the Regional Parks Foundation.



These walkers are making quick work of the Castle Rock Trail in Diablo Foothills Regional Park. They are taking part in the ongoing Wednesday Walks hiking program, which offers opportunities to discover new parklands each month, along with something of the featured park's natural and cultural history. See page 9 for May-June Wednesday Walks.

Chris Ruggiero

Survey results in brief...

- Exercise and nature enjoyment were major motivators for visiting the Park District.
- Top responses for visiting the trail system: dog walking 34%, hiking 32%, running 13%, biking 11%
- 77% traveled less than 5 miles to get to the park; 13% traveled less than 1/2 mile.
- 97% surveyed said they were "somewhat or extremely satisfied"
- 8% of visitors were over 65
- One third of the respondents lived in the East Bay for over 25 years, nearly 20% lived here for less than 5 years.

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General Info/Free Brochure:

.....(510) 562-PARK

Camping Reservations:

.....(510) 562-CAMP

Picnic Reservations

.....(510) 636-1684

Naturalist Program Reservations

.....(510) 636-1684

TDD

.....(510) 633-0460

Website..... www.ebparks.org

Chabot Space Science Center

Chabot Space and Science Center offers hands-on interactive exhibits, planetarium shows, large format films and powerful telescopes. Make it a family day with a visit to the Center, followed by a picnic and a swim in nearby Roberts Regional Recreation Area.

Advance tickets call (510) 336-7300

10000 Skyline Blvd., Oakland, CA 94619
Joaquin Miller Road exit
off Highway 13, left on Skyline Blvd.

www.chabotspace.org

East Bay Regional Park District is a partner with Chabot Space and Science Center

EBRPD Board of Directors

Jean Siri, Ward 1
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Douglas Siden, Ward 4
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Beverly Lane, Ward 6
Ted Radke, Ward 7
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General Manager

2nd Annual

WALK IN THE PARK
A FAMILY HEALTH & LIFESTYLE EXPO

FREE

Kick off the 2005 Trails Challenge with a Family Fun Walk (on-site registration will be available)

RADIO DISNEY
AM 1310

LIVE Musical Entertainment!
Starring Lalaine from "The Lizzie McGuire Show"
Featuring "The King of the Twist"
Chubby Checker

Meet Bay Area Sports Stars
Oakland A's World Series MVP Dave Stewart • NBA Hall of Famer Nate Thurmond
Legendary Super Bowl MVP Quarterback Jim Plunkett

GO AM 810 Live Radio Broadcast
8am-10am:
Fitness Expert Joanne Greggains
10am-1pm:
Dining Around host Gene Burns

Parking fee applies

East Bay Regional Park District

dot5
LIVE

Smart & Final

abc

KGO
AM 810

RADIO DISNEY
AM 1310

25 years of bay exploration at Crab Cove



SWAN JAMES

Crab Cove Visitor Center celebrates its 25th anniversary and World Environment Day on Sunday, June 5, from 11 a.m.-4 p.m., with a fun-filled day devoted to environmental education, hands on activities, and entertainment.

KFRC Oldies station 99.7 will provide the musical entertainment, and an environmental resource and craft fair

will feature environmentally friendly agencies, businesses, and artists.

Crab Cove is one of the Park District's nine interpretive centers and one of the few museums in the East Bay that focuses solely on interpretation of the marine environment. It was established in 1980 to educate the public about marine life and its survival.

Crab Cove is located at 1252 McKay Avenue in Alameda.

The Crab Cove Visitor Center is celebrating its 25th year of operation. The facility, specializing in interpreting bay ecosystems, last year kicked off its spring reopening unveiling all new exhibits and an aquarium with leopard sharks.

Get Ready!
Get Set!
Get Fit!

The Trails Challenge is Here

Sign-up today for the May Marathon and Trails Challenge. This is the 12th anniversary for this popular self-guided program where participants receive a trail guide featuring 20 of the best trails ranked by staff, volunteers, and park visitors.

The Trails Challenge "challenges" participants to complete five of these trails by the end of the year.

The May Marathon asks participants to complete 26.2 miles (same distance as a marathon!) by June.

Nearly 2,000 hikers, bikers, and equestrians took the Trails Challenge last year.

Short-sleeved T-shirts for the Trails Challenge and long-sleeved ones for the May Marathon will be mailed with the guidebooks. All participants also receive a special gift and pin upon completing their challenge. Your 2005 hiking guide and T-shirt will be mailed to you in mid-April.

The cost for this program is \$12 for the Trails Challenge and \$17 for the May Marathon. There is a \$1 savings for additional family members.

To sign-up family members, call our Reservation Department at (510) 636-1684. The discount is not available with on-line Trails Challenge registration.



Ardemwood 7th Annual Celtic Festival

SATURDAY, JUNE 11, 2005
10:00 AM 'TIL 5:00 PM

Featuring...

Tempest
Druid Sister's Tea Party
Peter Galdry
Irish Heritage Pipe Band
San Francisco Scottish Fiddlers
Belly Dancing & Gypsy Camp
Cyderdale Draft Horses
McDermid Irish Step Dancers
United British Car Club
Saint Gyles Royal Court
Ethnic Food & Vendors
and a Host of Children's Activities

We Have Productions in association with
EAST BAY REGIONAL PARK DISTRICT
ARDENWOOD HISTORIC FARM
34000 ARDENWOOD BLVD., FREMONT
PHONE: 510-790-0663 FOR MORE INFORMATION
OR SEE WWW.EBAPARKS.ORG
Admission Adults (18+) \$9.50, Seniors (62+) \$6.50,
children (4-17) \$3.00, 3 and under FREE.
FREE PARKING. Sorry no dogs.

East Bay Regional Park District
510-626-6120 / www.ebaparks.org
18-CITY/0505



**EAST BAY REGIONAL
PARK DISTRICT
AND
KAISER PERMANENTE**
are proud partners in 2005
with the mutual goal of
promoting health and fitness.



Health Matters

No one can prescribe the perfect fitness plan for you. You have to figure it out based on what you enjoy doing and what you will continue to do. Consistency is the most important, the most basic, and the most often neglected part of fitness. Consistency in regular exercise or moderate activity delivers all of the fitness benefits.

A good fitness plan has 3 parts: aerobic fitness, muscle strengthening, and flexibility:

Aerobic Fitness

Aerobic conditioning strengthens your heart and lungs. Good aerobic exercise includes brisk walking, running, stair climbing, biking, swimming, aerobic dance, or anything else that raises your heart rate and keeps it up for a while.

Muscle Strengthening:

Strengthening your muscles improves your work and athletic performance and prevents fatigue. Muscle strengthening exercises will also improve your posture and help you feel more energetic. Resistance training with free weights, weight-training equipment, or inexpensive rubber tubing, can quickly increase your muscle strength.

Flexibility:

Stretching can increase your range of motion and reduce stiffness and pain. Stretching is particularly important during the cool-down phase after exercising when your muscles are warm.

To learn more about nutrition and fitness, talk to your doctor or nurse practitioner, or visit the local Kaiser Permanente Health Education Center.

Kaiser Permanente is a major sponsor of the Park District's 2005 Trails Challenge. To learn more about getting in shape and healthy lifestyles, including The 10,000 Steps® Program, log onto Kaiser Permanente at www.kp.org (you do not need to be a member of Kaiser to join these programs).

Swim season brings lake, bay, pool swimming

Splash into summer at one of eight lakes operated by the East Bay Regional Park District.

Three chlorinated swim lagoons include those at Contra Loma Regional Recreation Area in Antioch, Cull Canyon Regional Recreation Area in Castro Valley, and Don Castro Regional Recreation Area in Hayward.

Swim lakes include those at Del Valle Regional Park south of Livermore, Lake Anza in Tilden Regional Park in the Berkeley hills, Horseshoe Lake at Quarry Lakes Regional Recreation Area in Fremont, Shadow Cliffs Regional Recreation Area in Pleasanton, and Temescal Regional Recreation Area in Oakland. Or, swim in the redwood grove at Roberts Pool in the Oakland hills. Bay swimming is available at Crown Beach in Alameda and Keller Beach at Miller/Knox Regional Shoreline in Richmond.

Beach access fees range from \$3 to \$3.50 depending on location. Beginning in May, most lakes are open for swimming on weekends, and open every day beginning Memorial Day weekend. Lifeguards are on duty 11 a.m. to 6 p.m. during swim season. For more information, see "Swimming" at www.ebaparks.org.

Beach access fees range from \$3 to \$3.50 depending on location. Beginning in May, most lakes are open for swimming on weekends, and open every day beginning Memorial Day weekend. Lifeguards are on duty 11 a.m. to 6 p.m. during swim season. For more information, see "Swimming" at www.ebaparks.org.



Take Your Kids Fishing on Family Fishing Days

The East Bay Regional Park District and Urban Park Concessionaires offers Family Fishing Days at Lake Del Valle outside Livermore May 21, 2005 starting at 8 a.m., and Lake Chabot, Castro Valley June 4th starting at 8 a.m.

Fishing instruction, giveaways (including a free ABC's of Fishing coloring book), loaner tackle, and a fun fishing contest with prizes. These events are free with a per vehicle parking fee of \$6 at Del Valle and \$5 and at Lake Chabot.

A State fishing license is required for anyone 16 and older, except on California's Free Fishing Days, June 11 and September 24, 2005.

A State license can be purchased at the marinas.



East Bay Regional
Park District



AQUATICS

ROBERTS POOL

Roberts Pool in Oakland offers American Red Cross swim lessons with 4 to 5 students per instructor, with emphasis on personal safety and fun. Refer to the skill level descriptions below to determine placement, then check session dates and times for availability.

Registration required: (510) 636-1684. Phone, walk-in, mail-in, and on-line registration accepted.

SKILL LEVEL DESCRIPTIONS:

Parent and Me—For children 6 months to 5 years, must be accompanied by an adult in the water, designed to help children become comfortable in the water so they are ready to learn to swim. Parents learn teaching skills to assist their children. No pre-requisite.

Level I—Water Exploration: for age 5 and older, skills include kicking, supported floating, blowing bubbles, bobbing, and personal safety. No pre-requisite.

Level II—Primary Skills: skills include unsupported floating, kicking, finning, combid arm/leg locomotion, turning back-to-front and front-to-back, and personal safety. Pre-requisite: Level I skills.

Level III—Stroke Readiness: skills include object retrieval, jump/dive recovery, front/back crawl stroke, elementary backstroke kick, tread water, and personal safety. Pre-requisite: Level II skills.

Level IV—Stroke Development: front/back crawl and elementary backstroke, introduction to breast stroke, side stroke, standing front dive, open turns at walls, rescue breathing, and CPR. Pre-requisite: Level III skills.

Level V—Stroke Refinement: continue Level IV strokes/turns, introduction to butterfly and personal safety while diving, spinal injury awareness. Pre-requisite: Level IV skills.

Level VI—Advanced Skill Proficiency: technique and endurance for Level V skills turns for all strokes, additional safety and rescue skills. Pre-requisite: Level V skills.

MORNING SWIM LESSONS

Roberts Pool, Oakland Staff
Group lessons for children. Ten half-hour lessons scheduled on weekday mornings for two consecutive weeks. Bring a picnic lunch. (Please note * denotes 45-minute classes at \$70/session. Level V is 10:45-11:30 a.m., Level VI is 10:10-10:45 a.m.)

Reg. required: (510) 636-1684

Fee: \$50/session (\$56 non-res.)

Session 1: 6/13-6/24 (Mon.-Fri.)

10-10:30am..... Levels I, II, IV, V*

10-10:11am..... Levels I, II, IV, V*

11-11:30am..... Levels I, II, III

11-11:30am..... Parent and Me, II, III

Session 2: 6/27-7/8 (Mon.-Fri.)

10-10:30am..... Levels I, II, III, IV

10-10:11am..... Levels I, II, IV, V

11-11:30am..... Levels I, II, IV

11-11:30am..... Parent and Me, II, III

Session 3: 7/11-7/22 (Mon.-Fri.)

10-10:30am..... Levels I, II, IV, V*

10-10:11am..... Levels I, II, IV, V*

11-11:30am..... Levels I, II, IV

11-11:30am..... Parent and Me, II, III

Session 4: 7/25-8/5 (Mon.-Fri.)

10-10:30am..... Levels I, III, IV, V

10-10:11am..... Levels I, III, IV

11-11:30am..... Levels I, II, IV

11-11:30am..... Parent and Me, II, III

Session 5: 8/8-8/19 (Mon.-Fri.)

10-10:30am..... Levels I, II, IV, V*

10-10:11am..... Levels I, II, IV, V*

11-11:30am..... Levels I, II

11-11:30am..... Parent and Me, II, III

11-11:30am..... Levels I, II, III, IV

11-11:30am..... Levels I, II, III, IV

11-11:30am..... Parent and Me, II, III

EVENING SWIM LESSONS

Roberts Pool, Oakland Staff
Group lessons for children and adult beginners. Ten half-hour lessons scheduled on weekday evenings for two consecutive weeks.

Reg. required: (510) 636-1684

Fee: \$50/session (\$56 Non-res.)

Session A: 6/13-6/24 (Mon.-Fri.)

6-6:30pm..... Parent and Me

6:30-7pm..... Levels I, II

7-7:30pm..... Levels I, II, III

Session B: 6/27-7/8 (Mon.-Fri.)

6-6:30pm..... Parent and Me

6:30-7pm..... Levels I, II

7-7:30pm..... Levels III, Adult Beginner

Session C: 7/11-7/22 (Mon.-Fri.)

6-6:30pm..... Parent and Me

6:30-7pm..... Levels I, II

7-7:30pm..... Levels I, II, III

Session D: 7/25-8/5 (Mon.-Fri.)

6-6:30pm..... Parent and Me

6:30-7pm..... Levels I, II

7-7:30pm..... Levels III, Adult Beginner

Session E: 8/8-8/19 (Mon.-Fri.)

6-6:30pm..... Parent and Me

6:30-7pm..... Levels I, II

7-7:30pm..... Levels III, IV

Session F: 8/22-9/2 (Mon.-Fri.)

6-6:30pm..... Parent and Me

6:30-7pm..... Levels I, II

7-7:30pm..... Levels III, Adult Beginner

PRIVATE SWIM LESSONS

Roberts Pool, Oakland Staff
6/13-9/2, Mon/Tues or Wed/Thurs/Fri.
7:30-8pm
Want to improve your swimming skills? Does your child need special attention? Private lessons are offered for all ages and consist of one-on-one instruction to achieve maximum results. Two and three-day sessions available. Includes half-hour lesson each day.

Reg. required: (510) 636-1684

Fee: \$45/two-day session (\$51 non-res.)

\$65/three-day session (\$73 non-res.)

RECREATION SWIM

Roberts Pool, Oakland Staff
11am-6pm, Sat, Sun, & Holidays 3/27-10/9
3:30-5:30pm, Mon. 6/13-8/29
12:30-5:30pm, Tues.-Fri. 6/14-9/2
Enjoy swimming in an outdoor pool. Pool is 25 yards long, heated, disabled accessible, lifeguard service provided. 15-minute adult swim every hour. Children under 1 year get in free.

Info: (510) 636-1684

Fee: \$3/adult, \$2/senior, child & disabled

DISABLED SWIM

Roberts Pool, Oakland Staff
12:30-3:30pm, Mondays only: 6/13-8/29
Enjoy our completely accessible pool. This time is reserved exclusively for disabled guests and their families.

Info: (510) 636-1684

Fee: \$3/adult, \$2/senior, child & disabled

PRIVATE POOL RESERVATIONS

Roberts Pool, Oakland Staff
M-F daytime only, 3/28-6/10
M-F daytime only, 9/6-10/7

Roberts Pool is a perfect facility for a swim party. Lifeguard service is provided. 150 person maximum; alcohol not permitted.

Reg. required: (510) 636-1684

Fee: Call

CONTRA LOMA

Contra Loma, Antioch Staff
Group lessons for children. Ten half-hour lessons scheduled on weekday evenings for two consecutive weeks (Monday-Friday). See skill level descriptions at left.

Session 1: 6/13-6/24

Session 2: 6/27-7/8

Session 3: 7/11-7/22

5:30-6pm..... Parent and Me, I, II, III

6-6:30pm..... Levels I, II, IV, V

6:30-7pm..... Parent and Me, I, II, III

7-7:30pm..... Levels I, II, IV, V

Fee: \$50/session (\$56 non-res.)

Reg. Required: (510) 636-1684

OPEN WATER

SNORKEL/SCUBA EXPLORATION

Shadow Cliffs Local Dive Stores
Ongoing, call for dates & times

Snorkeling and scuba lessons for beginners, and specialty classes for certified divers. (12+ yrs)
Fee: Call **Info: (510) 544-2512**

LAP SWIM

April-October during regular swim hours
Swim laps in a lake—no chlorine, no walls, large lanes! Bring goggles, cap, kickboard, pull buoy and hand paddles as desired.

Available at Lake Anza (Tilden), Quarry Lakes, Shadow Cliffs and Lake Temescal.

Fee: varies **Info: (510) 636-1684**

JUNIOR LIFEGUARDS

9am-3pm, Mon.-Fri. (2-week sessions)
Available at six locations:

Daily extended care available 3-6pm
Beach and water fun for youth. Instruction in water safety, first aid, CPR, lifeguard skills and equipment, and physical conditioning. Emphasis is on self-esteem, teamwork and fun. Must complete a 50-yard swim test the first day. Pre-testing is available. (9-15yrs)

Reg. Required: (510) 636-1684

Fee: \$190/2-week session (non-res. \$210)

10% discount for siblings and multiple sessions (not available with online reg.)

Mandatory Uniform: \$30—shorts, T-shirt, hat.

Optional extended care 3-6 p.m. daily: \$120/session.

Course #.....Date.....Park Location

8510.....6/20-7/1.....Lake Anza

8515.....7/11-7/22.....Lake Anza

8527.....8/1-8/12.....Lake Anza

8511.....6/20-7/1.....Contra Loma

8517.....7/11-7/22.....Contra Loma

8522.....8/1-8/12.....Contra Loma

8512.....6/20-7/1.....Cull Canyon

8518.....7/11-7/22.....Cull Canyon

8523.....8/1-8/12.....Cull Canyon

8513.....6/20-7/1.....Quarry Lakes

8519.....7/11-7/22.....Quarry Lakes

8524.....8/1-8/12.....Quarry Lakes

8514.....6/20-7/1.....Shadow Cliffs

8520.....7/11-7/22.....Shadow Cliffs

8525.....8/1-8/12.....Shadow Cliffs

8515.....6/20-7/1.....Lake Temescal

8521.....7/11-7/22.....Lake Temescal

8526.....8/1-8/12.....Lake Temescal

RECREATION

For Recreation program information, call (510) 544-2554 or email recreation@ebparks.org. Special Cancellation Policy applies for all Recreation programs; see page 11. All classes dependent on registration minimums.

PARK'N IT SUMMER DAY CAMP

Various parks Staff

8:30am-4:30pm, Mon-Fri, Jun 27-Jul 1 88627

& Jul 5-8 88633 MLK Shoreline

8:30am-4:30pm, Mon-Fri, Jul 11-15 88634

& Jul 18-22 88635 Contra Loma

8:30am-4:30pm, Mon-Fri, Jul 25-29 88636

& Aug 1-5 88637 Ardenwood

Come on out this summer for Park'N It Summer Day Camp. A Regional Parks Adventure! Join us for six weeks of fun in the sun and park explorations including swimming, hiking, arts & crafts, games and much more! You don't want to miss this one-of-a-kind Regional Parks Adventure. Six, one-week sessions at three great locations! 50% discount for siblings or multiple sessions. This discount is not available with online registration—please, call or mail in.

Reg. Required: 510-636-1684

Fee: \$200 (\$220 non-res.)

PARK'N IT SUMMER DAY CAMP

EXTENDED CARE Staff
See locations above

See times and dates above
Extended care will be offered on-site daily at each Park'N It program location. There will be no prorated fees for days missed.

Reg. required: 510-636-1684

Fee: \$20 (\$22 non-res.)

MAY MARATHON & TRAILS CHALLENGE

Join us for this extremely popular, self-guided hiking program! With your registration you will receive the 2005 Guidebook filled with 20 of the best hikes in the Park District. This year, Trails Challenge (#9035) invites you to hike 5 of the 20 trails by December. Participants receive the 2005 commemorative pin, the Trails Challenge T-shirt and a special gift! May Marathon (#9036) invites you to complete 25 miles during the month of May. You will receive the commemorative pin, the long-sleeved May Marathon T-shirt, and the special gift! These programs are a great way to see new parks, get outside, be active, and get healthy. Trails Challenge Family Discount. The first participant joins at regular price and each additional family member is \$1 off! This discount is not available with online registration. Discounts will not be given once online registration is completed. To receive the discount you may register by mail, phone or fax. Note: only one T-shirt will be awarded per program. If you would like both shirts, sign up for both programs.

Reg. Required: (510) 636-1684

May Marathon Fee: \$17 (\$19 non-res.)

Trails Challenge Fee: \$12 (\$14 non-res.)

BROOKS ISLAND ADVENTURE

Brooks Island California Canoe & Kayak
9am-3pm, Sat, May 7 #9429

9am-3pm, Sat, Jun 18 #9430

Be whisked away to a beautiful island in the heart of the San Francisco Bay. This day trip to Brooks Island is an easy, short paddle in stable, double kayaks—an excellent introduction to kayaking for beginners that includes instruction on paddle strokes, equipment, etc. Enjoy a guided, relaxed, 2-mile hike around this island's preserved shoreline that is normally closed to visitors. 14+ yrs

Reg. Required: (510) 636-1684

Fee: \$85 (\$95 non-res.)

BASICS OF BASS FISHING

Lake Chabot Mike Hawley

8-10am, Sat, May 14 #9649

Learn how to catch the "big one!" In this new class, participants already familiar with fishing will learn the basics of bass fishing including rigging, casting, knot tying, ecology and conservation, habitat, and fish behaviors. There will be hands-on fishing time during which participants will be able to demonstrate what they have learned. Join us for this great new class! Rods and reels are available upon request. A valid California fishing license is required for participants 16 and older.

Reg. Required: (510) 636-1684

Fee: \$19/\$15 (\$21/\$17 non-res.)

INTRO TO FLYFISHING

Lake Anza Fish First!

7am-1pm, Sun, May 15 #9431, Jun 12 #9432

An exciting and informative day for the beginning angler. Spend three hours at Lake Anza casting with coaching from a certified fly-casting instructor. Then enjoy three hours of classroom instruction where you will be introduced to angling, fly fishing, reading the water, and more. Don't miss your chance to learn! 18+ yrs

Reg. Required: (510) 636-1684

Fee: \$60 (\$66 non-res.)

BEGINNING FLY CASTING

Shadow Cliffs Lois Kilburn

8:30am-2:30pm, Sun, May 15 #9438

Learn to fly fish! In the introductory class you will learn basic knots, the roll cast, pick-up and lay down cast, false casting and how to select equipment and set up your fly rod. The class is taught by 15 year veteran, Lois Kilburn, who is certified by the Federation of Fly Fishers and is a national champion tournament caster 15+ yrs

Reg. Required: (510) 636-1684

Fee: \$60 (\$66 non-res.)

INTRO TO GOLF

Tilden Golf Course American Golf Corp.

10am-noon, Sun, May 15 #9547

2-4pm, Tue, May 24 #9548

5:30-7:30pm Wed, Jun 8 #9549

10am-noon, Fri, Jun 17 #9550

Have fun in a relaxed atmosphere and learn the fundamentals of golf. This introductory clinic

teaches pre-shot fundamentals, terminology/ equipment overview, and full-swing fundamentals. Instructors will discuss how you can continue if you'd like to play on the course. Golf balls and loaner clubs are provided. Participants will also receive a free \$20 range card for use at the driving range and \$20 off a future class at the golf course. Come learn how to golf and invite your friends to fill the class! 14+ yrs

Reg. Required: (510) 636-1684
Fee: \$50 (\$56 non-res.)

DISCOVER KAYAKING

Current Adventures
12:30-5pm Sun, May 15 Lake Chabot, #9652;
11am-3:30pm, Sat, May 22 #9655 Del Valle;
10am-2:30pm, Sat, May 28 Lake Chabot #9651;
11am-4:30pm, Wed, Jun 8 Lake Chabot #9654;
non-4:30pm, Sat, Jun 18 Lake Chabot #9653;
10am-2:30pm, Sat, Jun 25 Lake Chabot #9656
Now is the time to learn how to kayak! This course is the first step in learning paddle touring and sea kayaking. Get in-depth instruction for paddling in calm water from certified instructors. Beginners learn equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available upon request) and for adult/child paddlers. You'll have lots of time to practice as we explore the bays and inlets of the lake. Includes a stop for a shared potluck lunch. Parent participation required for youth age 5-13. 5+ yrs

Reg. Required: (510) 636-1684
Fee: \$79 adults 14+ yrs/\$59 child 5-13yrs (\$87/\$65 non res.)

INTRO TO BAY KAYAKING

MLKing Jr. Shoreline Current Adventures
Non-5pm, Sat, May 14 #9657
1-6pm, Sun, Jun 26 #9658
If you've ever wished to Discover Kayaking or have basic kayaking knowledge, come join us for this INTERMEDIATE class! This is an in-depth focus on skills necessary to go paddling on your own. Learn proper strokes and maneuvers, tide/current basics, and capsizre recovery while paddling on the bay. Plus, you'll earn a certificate enabling you to rent your own kayak. The MLK Jr. marshlands also offer great opportunities for viewing shorebirds while you learn to navigate the bay environment. Includes a stop for a shared, potluck lunch. Parent participation required for children 10-13. 10+ yrs

Reg. Required: (510) 636-1684
Fee: \$85 (\$95 non-res.)

BOAT TO BROOKS

ABOARD DELPHINUS
Berkeley Marina Dolphin Charters
9am-2:30pm, Sat, May 21 #9390
All aboard! Come join us for a relaxed boat ride. Destination: Brooks Island! Participants will be ferried to the island to enjoy a guided, two-mile hike around this beautiful preserve. Hot coffee, hot chocolate, and tea are provided. This is a trip you don't want to miss! Tell your family and friends and come sign up! 12+ yrs

Reg. Required: (510) 636-1684
Fee: \$65 (\$73 non-res.)

LLAMA DAY HIKE

Redwood Lamas Outfitters
10am-4pm, Sat, May 21 #9664
10am-4pm, Sun, May 22 #9665
10am-4pm, Sat, Jun 4 #9667
Come experience the wonderful world of llama packing in the Regional Parks! Experienced llama packers will guide this 4-6 mile day hike (4-6 hours). Llamas will carry your picnic lunches and personal items and you will have the opportunity to lead a llama for a part of the trip while learning about handling, caring for, and packing with llamas. This is one of our most popular hikes; yet! Come find out why! Sign up and tell your friends!

Reg. Required: (510) 636-1684
Fee: \$35 (\$39 non-res.)

SURVIVAL

AND OUTDOOR SAFETY
Lake Chabot Gene Ward
9am-4pm, Sat, May 28 #9648
This workshop, taught by one of the country's leading experts in wilderness survival, is packed

with vital information for outdoor enthusiasts. Learn how to dramatically increase your chances of staying alive when things don't go as planned. Activities and demonstrations include making personal survival kits, constructing quick and simple emergency storm shelters, sure-fire fire starting techniques, emergency signaling techniques, knots and lashings, and much more! 12+ yrs

Reg. Required: (510) 636-1684
Fee: \$50/\$56 non-res.

BEGINNING PORTRAIT

PHOTOGRAPHY
Lake Chabot Jack Ligon
8am-noon, Sat & Sun, Jun 4 & 5 #9435
Come join us for a fabulous, two-session photography class that will leave you seeing from a brand-new perspective. Posing, posture, expression, composition, light, and color will be thoroughly covered. Your personal style and vision will be enhanced by the many stimulating class exercises offered. Create studio-like portraits in the great-outdoors by using the best light source of all-the sun! ANY camera will do. Tell your friends! 15+ yrs

Reg. Required: (510) 636-1684
Fee: \$65 (\$73 non-res.)

BROOKS ISLAND KAYAKING TOUR

Current Adventures
10am-3pm, Sat, Jun 4 #9659
Come join us for an exciting day of kayaking and exploration! Instructors will give a brief introduction to equipment and strokes during a trip through the picturesque Richmond Harbor. The trip is an easy, short paddle in stable, double kayaks across sheltered bay water with spectacular views of San Francisco and the bridges. Paddle along Brooks Island preserved shoreline then come ashore to enjoy a guided, 2-mile hike around the island which is normally closed to visitors. Includes a stop for a shared potluck lunch. 14+ yrs

Reg. Required: (510) 636-1684
Fee: \$85 (\$95 non-res.)

HOW TO FEEL GOOD-

ALL THE TIME
Lake Chabot Jack Ligon
7-5pm, Sat, Jun 4 #9437
We are all innately born to feel good all the time. Yes, all the time! Discover how easily you can begin to feel this way by learning the powerful techniques of positive thinking and relaxation. Take four hours of your life to find out how to feel content, happy, and positive. You are sure to have fun learning and experiencing the class. 15+ yrs

Reg. Required: (510) 636-1684
Fee: \$55 (\$61 non-res.)

INTRODUCTION TO FISHING

Contra Loma Mike Hawley
8-10am, Sat, Jun 11 #9650
Come out and learn the basics of warm water fishing! Beginning anglers will learn the basics of fish habitat and ecology as well as skills such as knot tying, casting, and gear selection. This class is perfect for anyone interested in getting started with the sport of fishing. Rods and reels provided. A valid California fishing license is required for participants 16 and older.

Reg. Required: (510) 636-1684
Fee: \$19/\$15 (\$21/\$17 non-res.)

FULL MOON KAYAK

Current Adventures
7-10pm Sat, Jun 18 #9660
This unique course is the first step in learning paddle touring and sea kayaking. Get in-depth instruction for paddling in calm water. Participants will explore the lake during twilight and return to the marina as the moon rises. A brief introduction to the equipment and paddle strokes will be provided for those who have never kayaked. Don't miss out! Parent participation required for youth 5-13. 5+ yrs

Reg. Required: (510) 636-1684
Fee: \$59/\$65 non-res.

TRAILS CHALLENGE CAMERA HIKE

Black Diamond Richard Beebe
8:30am-noon, Sat, Jun 25 #9661
Disappointed that your scenic photos look boring compared to the real thing? Learn basic techniques that will dramatically improve your photos. Photograph scenery in a variety of interesting ways while hiking one of the 2005 Trails Challenge routes. No photography experience or special camera required! Richard Beebe has been teaching photography for over 20 years and is an avid explorer of the Regional Parks. Don't miss this opportunity to learn his secrets to taking beautiful outdoor pictures. Bring good walking shoes and a tripod if you have one. Registration for Trails Challenge is not included.

Reg. Required: (510) 636-1684
Fee: \$30 (\$34 non-res.)

NEW!

ARDENWOOD

Ardenwood is open Tues.-Sun. 10 a.m.-4 p.m. Patterson House tours are available Thurs-Sun. Blacksmithing demonstrations Thurs, Fri, Sat, and every other Saturday. Horse drawn train rides and food service available Thurs, Fri, and Sun. Admission fees apply. For program and fee info: (510) 796-0663, ardnwood@ebparks.org or www.ebparks.org

FIRE TRUCK DAY!

Local Firefighters, Staff
Ardenwood
10am-4pm, Sun, May 15
Meet America's finest firefighters and see the trucks and tools of the trade. Climb aboard a fire engine, ring the fire bell, and join the "Battle of the Fire Trucks." Meet a search-and-rescue dog and learn about fire safety. Crafts, games, and lots of squirting water will make this a wet and wild day for the whole family!

Fee: \$5 adults 17-61 yrs/\$4 seniors 62+ yrs \$3.50 4-17 yrs/3 & under Free

CIVIL WAR DAYS

NCWA, Staff
Ardenwood
10am-4pm, Sat & Sun, May 28 & 29
Join hundreds of volunteers from the National Civil War Association as they recreate scenes from this tumultuous period of our nation's history. Watch cavalry, infantry, and artillery units engage in battles at 12:30 p.m. and 3:30 p.m. on Saturday and Sunday. On Sunday morning a memorial service will be held at 11 a.m. Wander through the encampments to experience the sights and sounds of history brought to life. For the first time, the event will include a replica of the Confederate submarine C.L. Hunley. The exhibit focuses on an important, but little known, chapter of Civil War history. Advance tickets good for one day only are available by calling (510) 636-1684 or on-line at www.ebparks.org. Advance ticket sale ends May 20.

Fee: \$8 adults 17-61 yrs/\$6 seniors 62+ yrs \$5.40 4-17 yrs/3 & under Free

MEMORIAL DAY ON THE FARM

Tara Reinertson, Staff
Ardenwood
10am-4pm, Mon, May 30
Come to the farm to relax on this historical holiday. Remember bygone days as you watch a someone hand-spin wool, taste farm baked cookies from our outdoor kitchen (11 a.m.-1 p.m.) and join a naturalist-led tree tour (1-2 p.m.) where you will learn fascinating facts about the many trees that grace our landscape.

CELTIC FESTIVAL

Wee Hand Productions, Staff
Ardenwood
10am-4pm, Sat, Jun 11 #9606
Join in a glorious day of Celtic dancing, pipebands, Welsh and Irish music, historic re-enactments, and a host of other activities. Featured entertainment includes Tempest, the San Francisco Scottish Fiddle Orchestra, step dancers, and even belly dancers! Enjoy ethnic foods and shopping at Celtic vendors.

Fee: \$9.50 adults 17-61 yrs/\$6.50 seniors 62+ yrs/\$5.40 4-17 yrs/3 & under Free

COOKING IN THE COUNTRY KITCHEN

Interpretive Staff
Ardenwood
10:30am-1:30pm, every Sun, in May & June
Stop by the country kitchen for a taste of the past. Discover some fascinating food history. See why cooking outside always makes food taste better, and sample a cookie or a biscuit straight from the wood-burning stove.

FARM CHORES FOR KIDS

Interpretive Staff
Ardenwood
11am-noon, Sun, May 1, Jun 5, 12
Young farmers are invited to help with the morning chores. Discover how all the jobs get done on a working farm. Shell and grind corn, check the hen house for eggs, and give the animals a snack.

VICTORIAN FLOWER ARRANGING

Volunteers
Ardenwood
10:15-11:30am, every Thu in May & June
The beauty of nature gained new popularity in the late 1800s, and flowers were a way to bring the splendor of the outdoors into your home. Watch as our docents create floral works of art for display in the Patterson House.

ANIMAL FEEDING

Interpretive Staff
Ardenwood
3-4pm, every Thu-Sun in May & June
Help slop the hogs, check the henhouse for eggs, and bring hay to the livestock. You'll help shut the farm down for the evening.

AN EVENING WITH THE STARS

Garcia, Bell, Nicholas, Chen
Ardenwood
7:30-9pm Fri, May 6 #9615
8-9:30pm, Fri, Jun 3 #9616
Spend an evening with the stars and planets. View the universe by telescope and hear stories about the skies above. Chairs and refreshments provided. Personal telescopes welcome.

Reg. Required: (510) 636-1684

BARNYARD BUDDIES

Interpretive Staff
Ardenwood
10:30-11:30am Sat, May 7, 14, Jun 25
Here's your chance to get up close to all your favorite barnyard pals. Feed the goats a snack, pet a bunny, greet the heifers and tickle a chicken (if you dare).

GOATS ARE GREAT!

Jennifer Ferreira
Ardenwood
1-2pm, Sat, May 7, Jun 18
Why are goats the most popular dairy animals in the world? Find out when we meet Ardenwood's resident goats, take them for a walk and then whip up a tasty treat from fresh goat milk.

MOTHERS TEA:

THE LANGUAGE OF FLOWERS
Ardenwood
1-3pm, Sat, May 7 #9622
In Victorian times, simple bouquets of flowers or "tussie-mussies" were often exchanged in lieu of written greetings. Rich in symbolism, different types and colors of flowers were assigned meanings ranging from fidelity and purity to distrust and jealousy. Treat Mom to a sumptuous afternoon tea in Ardenwood's beautiful gardens, and learn to express your deepest sentiments with a few well-chosen blooms. The traditional "high tea" includes savory pastries and sandwiches as well as a variety of sweets served by hostesses in period dress. 12+ yrs

Reg. Required: (510) 636-1684
Fee: \$15 (\$17 non-res.)

QUEEN FOR A DAY!

Interpretive Staff
Ardenwood
11am-1pm, Sun, May 8
In celebration of Mother's Day, crown yourself with a head wreath made from fresh cut roses and flowers from the farm. Learn the history of mom's special day.

Materials Fee: \$2

AN IDEAL VICTORIAN WOMAN

Tara Reinertson
Ardenwood
1:30-2:30pm, Sun, May 8
Known as "the mother of the nation," Queen Victoria came to be seen as the model of marital stability and domestic virtue. Learn the story of this remarkable queen and her influence during the Victorian era (1837-1901). We will also explore how the roles of women expanded from domesticity to service during the Victorian era.

THE ITSY-BITSY SPIDER

Jou Ching Chen
Ardenwood
12:30-1:30pm Sat, May 14, 21
Uncover the secrets of spinning a perfect web and check out the special weapons that help a

spider survive in the wild. Get a closer look at some real spiders and make your own spider.

FARM TREASURE HUNT

Ardenwood Christina Garcia
2-3pm, Sat, May 14
Attention spore sleuths and daring detectives! Legend has it that George Patterson buried a cache of gold somewhere on his farm, now known as Ardenwood. Put your map-reading and puzzle-solving skills to the test, decipher the clues and follow them to our own version of George's treasure. 6+ys

BOBBIN LACE MAKING

Ardenwood Amy Baldwin
10:30-11:30am Sat, May 21
A pillow isn't only for sleeping. Before there were mechanical looms, lace was woven by hand using bobbins and a special pillow with a turning bolster. Watch the lace take shape, learn about this delicate craft, and give it a try.

THE TIME MACHINE

Ardenwood Christina Garcia
1-3:30pm Sat, May 21
Step into our time machine and be transported back to the late 1800s. Wear old-fashioned clothes, learn to take care of everyday chores around the house such as laundry, bathing and cooking, and have fun playing games that your great-grandparents may have enjoyed as kids. 5+ys

FARM SONGS ON THE WAGON

Ardenwood Tara Reinertson
11am-noon, Sun, May 22
Climb aboard our horse-drawn wagon and learn about America's history through song. We will sing some old favorites such as "Oh! Susanna," "She'll be comin' 'round the mountain," and "I've been working on the railroad" while Duke and Doc keep a steady rhythm.

WILDCRAFTING MEDICINAL PLANTS

Ardenwood Eric Nicholas
Noon-1pm, Sun, May 22
Walk in the gardens and fields and learn to identify various healing plants from days gone by. Afterwards we will prepare the bounty of our work for storage.

SUBTERRANEAN EARTHWORM BLUES

Ardenwood Tara Reinertson
1-2pm, Sun, May 22
Which humble creature did Charles Darwin claim contributed more to the history of the world than horse, plow, or cow? The earthworm of course! Meet our ignoble invertebrates; find out how they support farms and how you can raise some of your own.

LOVELY LADIES CROQUET

Ardenwood Docents
1-3pm, Sun, May 22, Jun 5
A proper Victorian lady was not always limited to watching sports from the sidelines because of the social requirements of the day. Don't miss your chance to watch an entertaining example of a "very Victorian" croquet game played by our elegant volunteers.

PIG PALS

Ardenwood Sara Fetterly
11am-noon, Sat, Jun 4
Be a pig for a day! Make a cool new snout, then ink on over to the pen to make pals with the pigs. Ask nicely, and they may share their secret of keeping cool in the summer time.

SENSE-ATIONAL ANIMALS

Ardenwood Sara Fetterly
1-2pm, Sat, Jun 4
11am-noon, Sat, Jun 18
Meet some farmyard friends and learn how they use their senses to find their food. Test your own sense of touch and smell and see how we measure up in the wonderful world of animals.

HISTORIC GAMES

Ardenwood Interpretive Staff
2-3pm, Sat, Jun 4
What games did people play 100 years ago? Join us for some old-time fun. Learn to walk on stilts, shoot a marble, and jump double-dutch as we explore the history of some classic American games.

SCRATCHES, BURNS, AND BITES

Ardenwood Eric Nicholas
Noon-1pm, Sun, Jun 5
Farm work was hard and had many hazards. Without a doctor nearby to heal these injuries rural folks had to rely on the remedies at hand. Come discover traditional healing methods and the herbal ingredients used.

HAY HARVESTING

Ardenwood Gaeta Bell, Sara Fetterly
1-2pm, Sun, Jun 5, 12, 19, 26
Join in the fun of an old-fashioned hay harvest. Pitch the freshly mown hay into the wagon, then help us build a giant hay stack. Learn the difference between hay and straw as we bring in this year's crop.

MEET THE BUNNIES

Ardenwood Interpretive Staff
2-3pm, Sun, Jun 5, 19, 26
Meet the farm rabbits and learn why they have big ears, what they like to eat, and how they communicate. See if you can find the softest part of a bunny.

A TASTE OF THE PAST

Ardenwood Gaeta Bell
2:30-3:30pm Sun, Jun 12
Historic heirloom vegetables taste better than their contemporary rivals, or do they? Come and taste for yourself. Learn which vegetables can be called heirloom and why it's so important to know the difference.

SOAP MAKING FOR KIDS

Ardenwood Sara Fetterly
11am-noon, Sat, Jun 18 #9662
Ever wonder what makes the bubbles in your bath? Learn the secrets of soap, how it was discovered, and how it has changed over the years. Help create a batch of our own soap. Everyone will go home with beautiful, fragrant samples. This is a great scout troop activity! 8+ys

Reg. Required: (510) 636-1684

Fee: \$10 (\$12 non-res.)

STORIES IN THE VEGETABLE GARDEN

Ardenwood Interpretive Staff
2-3pm, Sat, Jun 18
Settle down in the vegetable garden to hear a tale of a very clever rabbit. After the story we will tour the garden tasting and tending the carrot, lettuce, and other heirloom vegetables as we go.

CANNING IN THE KITCHEN

Ardenwood Jennifer Ferreira
11am-12:30pm, Sun, Jun 19
Before freezing and refrigeration, there were only a few ways to keep food for later use. Canning preserved the bounty of the summer harvest and made tasty treats, like strawberries, available all winter long. We still rely on canning to prepare many of our favorite foods, like pickles and jam. Learn the basics of this culinary technique (it's easier than you think!), try your hand at canning, and sample some of the fruits of our labor.

CHORES IN THE VEGETABLE GARDEN

Ardenwood Gaeta Bell
11am-noon, Sat, Jun 25
Lend a hand planting seeds and turning compost in the heirloom vegetable garden. Learn vegetable fact and lore. If we're lucky, a few tender summer vegetables may be ready to taste.

WALKING HISTORY TOUR

Ardenwood Gaeta Bell
1-2pm, Sat, Jun 25
Take a lazy summer stroll through the historic grounds of Ardenwood. Learn the story of the land, see some monuments of the past, and trace the history of this farm from past to present.

LAUNDRY DAY

Ardenwood Interpretive Staff
2-3pm, Sat, Jun 25
Step back to the days before washing machines when doing the laundry was a dreaded task. Try your hand at the dolly stick, washboard, or wringer as you help us scrub our farm clothes clean.

PITCHIN' IN ON THE FARM

Ardenwood Interpretive Staff
11am-noon, Sun, Jun 26
It's chore time on the farm and there is

much to be done! Help us grind corn, feed the animals, and search for eggs in the hen house. While we work we will learn what makes our farmyard friends so special.

BLACK DIAMOND

All Black Diamond programs (unless otherwise noted) meet at the parking lot at the south end of Somersville Road in Antioch. For info call (925) 757-2620 or email bdvisn@ebparks.org.

GREATHOUSE VISITOR CENTER

Black Diamond Mines Interpretive Staff
10am-3pm, Sat & Sun, Mar-Nov
Drop in and view the workings of a 20th-century sand mine and learn about the lives of the 19th-century coal miners in the Greathouse Visitor Center. Artifacts and photographs are displayed and a video featuring former Mt. Diablo coalfield residents is shown.

HAZEL-ATLAS

SILICA-SAND MINE TOUR Interpretive Staff
Black Diamond Mines Interpretive Staff
10am, 11am, 1pm, 2pm
Sat & Sun, Mar-Nov
Explore the underground on a guided tour and learn its history, geology, and the methods used to mine the sandstone. An hour-long, advanced reservation tour is offered at 11 a.m., 1 p.m., and 2 p.m. A 10 a.m. tour is available to groups of 10 or more. First come/first served tours are offered at noon and 3 p.m. only. Must be at least 7 years old, parent participation required. This program is not wheelchair accessible. The 10 a.m. tour is not available for online registration.

Reg. Required: (510) 636-1684

Fee: \$3

WILDFLOWER WATCH

Black Diamond Mines Sabrina Dussau
9am-noon, Thu, May 5, 12
Beautifully blooming wildflowers cover the park for weeks each spring. Enjoy all or part of this colorful show as we discover and identify the flowers this season has to offer.

Reg. Required: (925) 757-2620

KNOBBERS

Black Diamond Mines Sabrina Dussau
3:30-5:30pm, Thu, May 19, Jun 23
Looking for something to do after school? Join us once a month for outdoor and underground adventures focusing on nature exploration and local mining history. 8-12ys

Reg. Fee: \$6 (\$8 non-res.)

Reg. Required: (925) 757-2620

COAL CANYON CREEP

Black Diamond Mines Sabrina Dussau
8am-11pm, Sat, May 21
Enjoy the last of spring's splendor as we hike 5.28 hilly miles through a historic landscape. We'll search for late blooming flowers, explore pioneer town sites, and have lunch under an oak!

Reg. Required: (925) 757-2620

SUMMER CONCERT: BLACK IRISH BAND

Black Diamond Mines Sabrina Dussau
7-9pm, Sat, Jun 11
This acoustic folk band has no limits. They cross cultural and musical boundaries playing Irish, Italian, and American folk music in a style that is as timeless as the rugged western landscape. They have released 14 albums, been featured on CBS "This Morning" and should kick-start our concert series with distinctive flair.

Special parking fee \$10

MEMORIES IN MARBLE

Black Diamond Mines Bob Kanagaki
10am-noon, Sat, Jun 4
Investigate the lives of nineteenth century miners and their families in the Mount Diablo coalfield as we tour Rose Hill Cemetery. Meet at the cemetery.

SOMERSVILLE VAN AND MINE TOUR

Black Diamond Bob Kanagaki
10am-noon, Sat, Jun 18 #9685
Leave the driving to us as we tour the site of a nineteenth century mining town and delve into the underground workings of the Hazel-Atlas Mine. 55+ys

Reg. Required: (510) 636-1684

Fee: \$3

MINES, MINERS, AND MINERALS

Black Diamond Bob Kanagaki
10am-noon, Sat, Jun 25
Delve into Black Diamond's unique history as we explore both surface and subterranean trails.

Reg. Required: (510) 636-1684

COYOTE HILLS

The Coyote Hills Visitor Center, open Tue-Sun 9:30 a.m.-5 p.m., has books, bug boxes, and other items for sale. For information call (510) 795-9385 or email chvisn@ebparks.org.

SENIOR WALKING TOURS & TEA

Coyote Hills Southworth, Estacio
2-4pm, Tue, May 3 #9535, 10 #9537, 17 #9538, 24 #9539, 31 #9540, Jun 7 #9541, 14 Jun #9542, Jun 21 #9543, Jun 28 #9544
Join us for a leisurely but invigorating stroll through marsh and meadow. As we stretch our muscles and practice deep breathing we'll also observe and study the local flora and fauna along our way. Upon our return we'll settle down for a refreshing cup of tea in the Butterfly Garden. 18+ys

Reg. Required: (510) 636-1684

Fee: \$3 adults/\$2 seniors 62+

YUCKY BIOLOGY

Coyote Hills Kristina Parkison
9:30-11:30am, Sat, May 7 #9551
Nature can be nasty or nice—today we're focusing on the nasty! We'll explore all things yucky, and most of all, disgusting! Why do vultures have bald heads? What's in an owl pellet? What happens to all of the dead plants and animals? Join us to learn the yucky answers! 7-12ys

Reg. Required: (510) 636-1684

Fee: \$2

COYOTE SCOUT INITIATIVE

Coyote Hills Kristina Parkison
1-3:30pm Sat, May 7 #9517
Jun 18 #9518

Adventure awaits the adventurous! In the Coyote Scout Initiative you'll explore the mysterious natural environment of the Bay Area through activities including scavenger hunts, orienteering, biking, and hiking. Each session covers a different exciting topic such as Flower Power (May 7) and Kooky Chemistry (June 18). 8-12ys

Reg. Required: (510) 636-1684

Fee: \$6 (\$8 non-res.)

VOLUNTEER GARDENERS

Coyote Hills Jan Southworth
9:30-11:30am, Sat, May 14, Jun 11
Join our intrepid gang of gardeners as we tend the flowers of spring for the benefit of people, birds, and butterflies. Refreshments and good conversation are guaranteed. 12+ys

Reg. Required: (510) 795-9385

HIGH SPEED PHOTOGRAPHY—HUMMINGBIRDS!!

Coyote Hills Southworth, Jedlovac
10am-noon, Sat, May 14

How do you freeze the motion of a hummingbird's wings? Come see just what it takes for us to share natural history and photography tips about one of Mother Nature's tiniest and most fascinating creatures. Through Don Jedlovac's images you will be able to marvel at the intricate beauty of this small, fast bird. Following the talk we'll explore the garden in search of birds on the wing and discuss their natural history.

THE BUTTERFLY GARDEN IS OPEN!

Coyote Hills Jan Southworth, Staff
10am-4pm, Sat, May 14, 28, Jun 11, 25
By popular demand the Butterfly Garden is now open on the 2nd and 4th Saturday of each month. Come wander the peaceful pathways, watch hummingbirds and butterflies at play, and find out how to create a paradise for wildlife in your own backyard.

SENIOR'S CONTAINER GARDENING WORKSHOP

Coyote Hills Jan Southworth
2-4pm, Sat, May 14
In this "make it and take it" workshop you will create a pint-sized, containerized butterfly garden. Complete with colorful nectar flowers to attract adult butterflies and host plants to feed hungry caterpillars, this lively and portable

butterfly habitat is perfect for folks with sunny, but limited gardening space. Bring a container and we'll supply the soil and "butterfly friendly" plants. With a little care and a bit of water, you will enliven your outdoors with Monarchs and other "flying jewels." 14+ yrs

Reg. Required: (510) 636-1684
Fee: \$20 adults/\$15 seniors;
(\$22/\$17 non-res.)

SHELLMOUND WORKDAY

Coyote Hills Beverly Ortiz
 10am-4pm, Sun, May 15
 Join Ohlone descendants and park naturalists in the reconstruction of Ohlone-style houses at a more than 2,000-year-old Tuleburg Ohlone village site. Help work on a ramada, ceremonial house, or a family house, and clean and weed the site as you learn how the Ohlone were successful in living in this area for so long. We'll provide snacks and tools. 12+ yrs

Reg. Required: (510) 795-9385

COYOTE CUBS

Coyote Hills Kristina Parkison
 10:11-3:00am, Tue, May 17 #9515, Jun 14
 #9513; 2-3:30pm, Tue, May 17 #9516, Jun 14 #9514

Coyote Cubs will now be offered in the afternoon as well as in the morning. Both programs cover the same subject. Explore the natural world in a hands-on way as we focus on different natural history subjects each month through stories, games, and crafts. Bring your little ones out for fun in the park! 3-5 yrs

Reg. Required: (510) 636-1684

Fee: \$5 (\$8 non-res.)

OHLE PLANT FOODS

Coyote Hills Ortiz, Bonillas
 10am-noon, Sun, May 29
 In this exciting, hands-on workshop you'll be introduced to a variety of native plants and learn about their use by the Ohlone as foods. You'll have an opportunity to taste manzanita cider, acorn, roasted peppernuts, and several teas, and discover their medicinal uses. We'll answer your questions about Ohlone culture and history.

SHELLMOUND OPEN HOUSE
 Coyote Hills Ortiz, Bonillas, Garbay
 1:30-4:30pm, Sun, May 29, Jun 12

How is it possible for a culture to successfully for thousands of years in the San Francisco Bay Area? Join us to learn how it was that the Ohlone lived in the Fremont area for over 2,000 years. Discover the many uses the Ohlone had for native plants, observe a demonstration of Ohlone-style basketry, and learn about Ohlone culture and history. Follow the signs to the shellmound.

WALNUT DICE WORKSHOP

Coyote Hills Jan Southworth
 2-4pm, Mon, May 30 #9546
 Using black walnut chips filled with tar and inlaid with shiny bits of shell, create a set of six traditional California Indian gambling dice. Play a spirited game, then take your game set home for more old-fashioned fun. 12+ yrs

Reg. Required: (510) 636-1684

Fee: \$15 adults/\$12 child

(\$17/\$14 non-res.)

ALAMEDA CREEK BY BIKE

Coyote Hills Kristina Parkison
 9:30am-12:30pm, Sat, Jun 4
 Biking is the best way to explore this lovely, flat 19-mile round-trip trail. We'll begin at Coyote Hills and bike to the trail's end in Niles. Along the way, we'll bird and enjoy the scenery. On the way back, we'll stop and explore Quarry Lakes. We'll get three parks for the price of one in this morning-long excursion! 12+ yrs

Reg. Required: (510) 636-1684

NATURE TALES

Coyote Hills Kristina Parkison
 2-3pm, Sat, Jun 4
 Enjoy afternoon breezes and some wonderful stories. We'll hike to some of the park's best vistas and read some of our favorite children's stories. Have a favorite story you'd like to share? Bring it with you!

Reg. Required: (510) 795-9385

BULL ROARER WORKSHOP

Coyote Hills Jan Southworth
 2-4pm, Sat, Jun 11
 Whether you call it a musical instrument or simply a noise maker, the bull roarer has been popular throughout the world for untold centuries. Used by California Native peoples as both a child's toy and a shamanic ceremonial tool, this unusual instrument sounds like a large insect. Learn to make one, try it out, then take yours home for personal ceremonies or noisy fun. 12+ yrs

Reg. Required: (510) 636-1684

Fee: \$25 (\$20 non-res.)

SOAPROOT BRUSH-MAKING WORKSHOP

Coyote Hills Ortiz, Garbay
 10am-noon, Sun, Jun 12 #9532
 Learn to make your own soaproot brush and how they were used by the Ohlone for many tasks. We'll help you identify soaproot, then show you how to use the bulb and fibers to make your own brush. 14+ yrs

Reg. Required: (510) 636-1684

Fee: \$15 (\$17 non-res.)

BEAUTIFUL BUGS

Coyote Hills Kristina Parkison
 9:30-11:30am, Sat, Jun 18 #9510
 EEEEEWWWW! It's a bug! Kill it! These much-maligned animals get a lot of bad press, but not all of them spread disease or destruction. In fact, most of them do good things—from pollination to waste removal. We'll learn the difference between "bugs" and insects, the jobs they do, and gain an appreciation for their role in our daily lives. 5-10 yrs

Reg. Required: (510) 636-1684

Fee: \$2

CULTURAL DEMONSTRATION DAY

Coyote Hills Beverly Ortiz
 10am-4pm, Sun, Jun 19
 Learn about Native American culture and history with several Ohlone descendants who will share their experience and knowledge with you at a more than 2,000-year-old Ohlone village site. Several cultural activities will be demonstrated, including basketry, tule boat making, shell beads, abalone pendants, and native plant uses.

SOLISTICE CELEBRATION HIKE

Coyote Hills Kidder, Southworth
 6:30-8:30pm, Tue, Jun 21 #9579
 Do what people around the world have done for thousands of years—celebrate the longest day of the year. Bring a lighter dinner to enjoy in the picnic area, then don your solstice regalia (mask, costume, face paint), pick up your non-metal instrument (rattles, whistles, drums) and join the procession to Red Hill Top for the bonfire and merrymaking. We'll share marshmallows and stories as we "put the sun to bed."

Reg. Required: (510) 636-1684

Fee: \$5 (\$7 non-res.)

CRAB COVE

Crab Cove Visitor Center is open Wednesdays from 10 a.m.-4:30 p.m. through November. School programs are available. For information about naturalist programs or other activities, call (510) 521-6887 or email cove@ebparks.org.

LOW TIDE NATURE WALK

Crab Cove Interpretive Staff
 1-2:30pm, Sun, May 1
 10:30am-noon, Sun, Jun 26
 Discover the habits and habitats of mudflat and rocky-shore critters. You may even handle crawling, hopping, and/or sliding estuarine species! Wear shoes/rain boots that can get wet and muddy.

SEA SIBLINGS

Crab Cove Interpretive Staff
 9:30-10:30am Tue, May 3 #9555, May 17 #9564, Jun 7 #9566, Jun 21 #9568
 11am-noon, Tue, May 3 #9563, May 17 #9565, Jun 7 #9567, Jun 21 #9569

Sea Siblings targets the 3-5 year old learning ability while providing the option of inviting a 1-5 year old sibling or friend along for outdoor exploration and a theme-related craft. **May 3, Birds, Birds, Birds-Find out what makes a bird a bird and other amazing facts. May 17:**

Diving into Oceans-We won't get wet, but we'll learn about the water surrounding us. **June 7:** Tidal Tracks and Treasures-What can you discover at the Cove? Come explore the habitats of the amazing bay creatures adapting to an ever-changing environment. **June 21:** Bee Kind-Buzzzz on over to take a closer look at the incredible lives of these pollinators. They haven't earned the recognition for being "busy bees" for nothing!

Reg. Required: (510) 636-1684

Fee: \$4

MEET BAY CRITTERS

Crab Cove Naturalist Nancy
 2-4pm, Sat, May 7
 Discover the rich diversity of life in San Francisco Bay. Crabs, snails, worms, barnacles, mussels, plankton, and sea algae may all be available for you to explore with hands, eyes, and nose. Games and a craft will help youngsters learn about these critters' habits and habitats.

HERSTORY OF THE BAY

Crab Cove Bethany Facendini
 1-3:30pm, Sun, May 8 #9571
 Celebrate Mother's Day on this leisurely walk along the Bay Trail to the Elsie Roemer Bird Sanctuary and back! We will honor the women of the past and present whose environmental conscientiousness has made a difference in our community. Tea and sweets will be served.

Reg. Required: (510) 636-1684

Fee: \$3 adults/\$2 seniors and children

SEA SQUIRTS

Crab Cove Interpretive Staff
 10-11:30am, Tue, May 10 #9572, May 24 #9573, Jun 14 #9574, Jun 28 #9575
 Discover the wonders of nature with your little one through a program exclusively for 3-5 year olds accompanied by an adult. Outdoor exploration and a theme-related craft and snack will be provided. See our "Sea Siblings" program if you prefer to have 1-5 year olds join their 3-5 year old siblings. **May 10:** Birds, Birds, Birds-Find out what makes a bird a bird and other amazing facts. **May 24:** Diving into oceans-We won't get wet, but we'll learn about the water surrounding us.

June 14: Tidal Tracks and Treasures-What can you discover at the Cove? Come explore the habitats of the amazing bay creatures adapting to an ever-changing environment. **June 28:** Bee Kind-Buzzzz on over to take a closer look at the incredible lives of these pollinators. They haven't earned the recognition for being "busy bees" for nothing!

Reg. Required: (510) 636-1684

Fee: \$5 (\$8 non-res.)

ESTUARY EXPLORERS

Crab Cove Interpretive Staff
 3:30-5pm, Thu, May 12 #9576, May 26 #9577, Jun 9 #9578, Jun 23 #9579
 Estuary Explorers is designed for 6-8 year olds and includes outdoor exploration and a theme-related craft and snack. Parents/guardians are encouraged to drop off their child to allow for an independent nature experience with naturalist guidance. A signed, current-year medical waiver must be on file. **May 12:** Birds, Birds, Birds-What makes these winged creatures so special.

May 26: Diving into Oceans-it covers 2/3rds of our planet yet we forget it is there. Learn more about this amazing place. **June 9:** Tidal Tracks and Treasures-What can you discover during high tide at the Cove? Come explore the habitats of the amazing bay creatures adapting to an ever-changing environment. **June 23:** Bee Kind-Buzzzz on over to take a closer look at the incredible lives of these pollinators.

Reg. Required: (510) 636-1684

Fee: \$6 (\$8 non-res.)

BOY SCOUTS:

OCEANOGRAPHY MERIT BADGE
 Crab Cove Naturalist Nancy
 9am-1:30pm, Sat, May 14 #9580
 This hands-on oceanography lab is packed with engaging activities that will meet all Oceanography Merit Badge requirements except #4 and #8. We will seine net, mud grab, plankton sample and examine our findings using a microscope. 1-5 leaders-to-scouts ratio, please. 12+ yrs

Reg. Required: (510) 636-1684

Fee: \$13 (\$15 non-res.)

CYCLE THE BAY

Crab Cove Bethany Facendini
 10am-2pm, Sun, May 15 #9581
 Did you know that bicycles were introduced to America this week in 1819? Let's celebrate the occasion! Join us for a scenic cycle ride along the Bay Trail for people of all ages and abilities. Equipment and assistance through Bay Area Outreach and Recreation Program (www.borp.org) is available for people who have a disability. We will cruise Crown Beach, Elsie Roemer Bird Sanctuary, and Shoreline Park on Bay Farm Island during this 5-12 mile ride. Bring water, lunch, and be ready for fun! Parental participation required.

Reg. Required: (510) 636-1684

BIRDS ON THE BRAIN

Crab Cove Interpretive Staff
 2-3:30pm, Sun, May 22
 Have you ever wondered how an animal with such a small brain can accomplish so many amazing feats? Learn about our amazing avian friends and their ability to migrate long distances, survive harsh weather, and thrive in the most unlikely places. Play a game to learn what it's like to be a bird and view slides of some of our locals.

CREATING MEMORIES AT THE COVE

Crab Cove Bethany Facendini
 10am-4pm, Mon, May 30
 Celebrate Memorial Day with the entire family! Come for the "underwater" exhibits, including an aquarium with leopard sharks, and stay for the fun-filled activities. There will be on-going nature crafts and games, low-tide exploration from noon-2, and "Cats of the Day" from 2-3 p.m. Stop by for a day to remember!

CELEBRATE 25 YEARS OF EXPLORING SAN FRANCISCO BAY

Crab Cove Staff
 11am-4pm, Sun, Jun 5 #9583
 It's Crab Cove Visitor Center's 25th Anniversary! You are invited to celebrate Crab Cove style—with a day full of fun-filled adventures by the bay. Join us for live music, art and craft exhibits, children's activities, natural and cultural strolls, walks, a themed resource fair, and much more. You won't want to miss out on the crabby cake. Stop by for a detailed schedule or visit www.ebparks.org. Park at the Crown Beach main entrance off Otis St. In Alameda or take advantage of our free bike valet parking.

CONCERT AT THE COVE:

EDDIE AND THE BOPPERS
 Crab Cove Interpretive Staff
 5:30-7:30pm, Fri, Jun 10
 Join us for our seventh season of incredible free music and fun! Extended hours at the Visitor Center, plus family activities on the deck and beautiful views of San Francisco Bay, make our concerts extra special. Bring your blanket or lawn chair, food and beverages available for purchase. Sponsored by the West Alameda Business Association and East Bay Regional Park District.

39th SAND CASTLE/SCULPTURE CONTEST

Crab Cove Interpretive Staff
 9am-noon, Sat, Jun 11
 Come create a unique work of art or enjoy the work of others. Registration begins at 9 a.m., with judging at noon. Creations will include castles and sculptures by youth, family, and adult groups. Stop by our information table to learn more about our Bay and opportunities for you to enjoy it. Co-sponsored by Bay View Women's Club, East Bay Regional Park District, and Alameda Recreation & Parks.

RETURN OF THE TERNS TOURS

Crab Cove Interpretive Staff
 11am-noon #9584, Noon-1pm #9585, 1-2pm #9586, Sun, Jun 12
 Join wildlife biologist Rachel Lutz to view endangered California least terns tending their chicks. This population has grown from 10 nesting pairs in 1976 to just under 400 last year. A fabulous success story we will share with you. Learn how you can protect these extraordinary birds

and their habitat. To avoid disturbing the birds, these hour-long tours take place aboard a bus, which travels to the proposed Alameda Wildlife Refuge. Binoculars and a scope will be used for viewing. Enjoy a least ten slide presentation and ongoing crafts and activities at the Visitor Center before your trip. 8+ yrs

Reg. Required: (510) 636-1684
Fee: \$3

SIZING UP SNAKES

Crab Cove Staff
2-4:30pm, Sun, Jun 19
Artifacts puppets, pictures, games, and a visit with a live snake will create a dynamic atmosphere to explore snake biology and habits 5+ yrs

SUNOL

Sunol Visitor Center is open Sat.-Sun., 10 a.m.-4:30 p.m. For info, call (925) 862-2601 or email svstn@ebparks.org.

VALLEY NATURE RIDE

Sunol Staff
10:10-4:50am, Sun, May 1 #9700, May 8 #9701, Jun 19 #9702, Jun 26 #9703
Learn about the cultural and natural history of Sunol, then enjoy a 20-minute guided horseback ride. Parent participation required. 6+ yrs

Reg. Required: (510) 636-1684
Fee: \$17 (\$19 non-res.)

OUTDOOR DISCOVERIES

Sunol Interpretive Staff
10:11-10:30am, Various dates
Children 3-5 years and an adult are invited to explore the wilderness with a naturalist guide. Different topics introduced each week. Call for space availability and topics for May programs. Summer sessions (June-August) filled by application. Call for a summer application, deadline for application Monday, May 23. 3-5 yrs

Reg. Required: (925) 862-2601
Fee: \$6 (\$8 non-res.)

WILDERNESS EXPLORERS & TREKKERS

Sunol Interpretive Staff
Times and dates vary
Join us for this outdoor program of discovery and adventure. Explore the wonders of the world around us as we get wet or muddy. Call for space availability and topics for May programs, or a summer flyer. Grades K-6

Reg. Required: (925) 862-2601
Fee: \$6 (\$8 non-res.)

INSECTS, INSECTS, INSECTS!

Sunol Bridget Posson
Noon-1pm, Sat, May 14
Learn about the most fascinating six-legged creatures around! Join a slide show of local insects and learn the basics of entomology. Then head down to Alameda Creek to explore and locate some aquatic and terrestrial critters!

Reg. Required: (925) 862-2601

WILD WEST LECTURE SERIES: THE FAMILIES OF MISSION PEAK

Sunol Herron, Schaffarczyk
7-9pm, Tue, May 17
The slopes of Mission Peak were settled by a succession of Ohlone Indians, Spanish missionaries, California rancho landowners, and American pioneers. Tonight, we will reveal through old maps and artifacts how each left remnants of their existence behind. We'll share stories and meet some of the descendants of the Higuera, Columbell, Stanford, Moore, McClure, Kell, Chadbourne, Overreager, Weibel, and other families. We will also look at slides of bedrock mortars, Warm Springs Resort and Spa, the McClure residence and vineyards. Parent participation required.

Fee: \$5 (\$7 non-res.)

THE 21ST ANNUAL RATTLESNAKE RENDEZVOUS

Sunol, Camp Ohlone Norm Kidder
Noon Fri-6pm Sun, May 27-29 #9706
Join our intrepid band of primitives for a weekend of stone-age living skills. Aside from modern sleeping gear and clothing, we will attempt to experience the old ways. Learn firemaking, flint knapping, cordage, cooking

(no metal pots, pans, or grills allowed), and so much more. 10+ yrs

Reg. Required: (510) 636-1684
Fee: \$80 adult/\$40 child (\$88/\$44 non-res.)

SCIENCE FOR TYKES:

PUTTING OUR STAR TO WORK
Sunol Cat Taylor
10:11-10:30am, Sat, Jun 11
Budding solar researchers and their families are invited to put the sun's rays to work today as we explore solar energy. One adult per child for a more labor-intensive craft as we make solar pizza box ovens and cook up a tantalizing lunch, complete with dessert! 4-8 yrs

Reg. Required: (925) 862-2601
Fee: \$6 (\$8 non-res.)

ECHO EXPLORERS:

HIGH-VALLEY OVERNIGHT
Sunol Cat Taylor
5:30 pm-11am, Fri-Sat, Jun 24-25
Children in grades 3-7 are invited on this series for kids and families who like to explore different parks for unique, up-close, hands-on adventures. Pack your jammies, a sleeping bag, and your favorite "lumpy" and head up into the hills to spend the night under the stars at Camp High Valley. After a potluck dinner, we'll pack up and hike a mile to the campsite. We'll explore the starry skies above as we navigate around the summer constellations and see if we can spy on feasting bats. Breakfast and snack provided. Parental participation mandatory.

Reg. Required: (925) 862-2601
Fee: \$7 adults/\$15 child (\$9/\$17 non-res.)

TILDEN NATURE AREA

The Environmental Education Center is open Tue.-Sun. 10 a.m.-5 p.m. The Little Farm is open daily. For info call (510) 525-2233 or email tena@ebparks.org.

ARTIST EXHIBITION-SHEILA SONDIK

Tilden Nature Area
10am-5pm, Tue-Sun in May
View mixed-media paintings by Berkeley artist Sheila Sondik (www.sheilasondik.com). Mrs. Sondik's paintings of Tilden combine Japanese ink, watercolor, and collage to create magical interpretations of the East Bay landscape.

ARTIST EXHIBITION-MICHELE MANNING

Tilden Nature Area
10am-5pm, Tue-Sun, June-July
Award-winning illustrator Michele Manning will display a series of vibrant paintings on Lake Area subjects.

TEA AND HIKE AT FOUR

Tilden Nature Area Alan Kaplan
4-5:30pm, Mon, May 2, 9, 16, 23, Jun 6, 13
Taste some of the best teas from the Pacific Rim and South Asia, learn their cultural and natural history, then take a hike to see nesting birds, insect activity, or a complete surprise! Special theme teas on May 23 (Victoria Day) and June 6 (D-Day).

Reg. Required: (510) 525-2233
Fee: \$5 (\$7 non-res.)

TILDEN TOTTS

Tilden Nature Area Linda Yemoto
10-11:30am, Wed, May 4 #9447, Thu, May 5 #9448
Join an outdoor, nature adventure program for 3 & 4 year olds, each accompanied by an adult (grandparents welcome!) We'll explore the nature area ponds.

Reg. Required: (510) 636-1684
Fee: \$6 (\$8 non-res.)

TILDEN EXPLORERS

Tilden Nature Area Linda Yemoto
3:15-4:45pm, Thu, May 5 #9449
An after-school nature adventure for 5-7 year olds, who may be accompanied by an adult. No younger siblings, please. We'll learn about aquatic insect life cycles.

Reg. Required: (510) 636-1684
Fee: \$6 (\$8 non-res.)

WORK IN THE GARDEN

Tilden Nature Area Jessica Sheppard
2-4pm, Sat, May 7
Welcome the butterflies; we need lots of help weeding, planting, and preparing the garden for

the warmer weather. Learn to identify the local butterfly species and how you can give them what they need, even in your own backyard! We have tools; call if you need gloves.

MOTHER'S DAY POND PLUNGE

Tilden Nature Area Dave Zuckermann
10:30am-noon, Sun, May 8
Kids, bring Mom for an easy walk to the ponds. With dip-nets and magnifiers, we'll discover the denizens of the deep-and maybe their Moms, too. Dress to get a bit dirty and wet. 4+ yrs

MARY MICHE ON MOTHER'S DAY

Tilden Nature Area Dave Zuckermann
3-4pm, Sun, May 8
Mary specializes in delightful music for children. Join us for a lively, fun-filled concert.

MINI-FARMERS

Tilden Nature Area Interpretive Staff
10-11:30am, Sat, May 14, Jun 11
A farm exploration program for kids ages 4-6 years. We will explore the Little Farm, care for animals, do crafts and farm chores.

Reg. Required: (510) 525-2233
Fee: \$5 (\$7 non-res.)

KIDS GARDEN CLUB

Tilden Nature Area Interpretive Staff
2-4pm, Sat, May 14, 28, Jun 11, 25
An exciting club for children ages 7-12, exploring the world of gardening. We plant, harvest, build, make crafts, cook, and get dirty! Themes and activities vary.

Reg. Required: (510) 525-2233
Fee: \$5 (\$7 non-res.)

MEET THE ARTIST RECEPTION: SHEILA SONDIK

Tilden Nature Area Interpretive Staff
2-4pm, Sat, May 14
Meet Sheila Sondik, whose painting exhibition, "Tilden Inspirations," is on display through May. At 2:30 p.m., Mrs. Sondik will demonstrate her dramatic painting technique in which she crinkles up her paper to produce a batik-like textured surface.

WEAVE AWAY!

Tilden Nature Area Gina Gargano
11am-noon, Sun, May 15
Let's make baskets! Learn the natural history of local materials and how they were utilized to weave Native American baskets. 7-11 yrs

Fee: \$3

BLOSSOMING MOSAICS

Tilden Nature Area Gina Gargano
1-3:30pm, Sun, May 15 #9464
Learn how to make pictures of your favorite flowers using recycled ceramics. Experiment with techniques and color and go home with artwork of your own. 12+ yrs

Reg. Required: (510) 636-1684
Fee: \$16 (\$18 non-res.)

MINI-RANGERS

Tilden Nature Area Dave Zuckermann
3:30-5:30pm, Tue, May 17 #9465, Jun 7 #9466
Find out how it feels to be a Ranger! Join us for an active afternoon of nature study, conservation, and rambling through woods and waters. Dress to get dirty. For 8-12 year olds, unaccompanied by their parents.

Reg. Required: (510) 636-1684
Fee: \$6 (\$8 non-res.)

SLAKING THROUGH THE HILLS

Tilden Nature Area Jessica Sheppard
2-3:30pm, Sat, May 21
Hike up the watershed and seek out the spots where reptiles like to sun. Learn to recognize several species and maybe catch a glimpse of them as they seek their prey.

WOMEN'S POETRY READING

Tilden Nature Area Gina Gargano
11am-12:30pm, Sat, May 28
Creative nature-thinking women unite! Bring nature poetry of your own, your favorite naturalist women authors, songwriters, or speakers. We'll discuss while relaxing with tea or cocoa.

BUTTERFLY GARDEN

Tilden Nature Area Jessica Sheppard
1-4pm, Sat, May 28
Flutter through the buds and blooms in the area planted just for our "winged jewels." Learn to

identify local butterfly species and the plants that support them. Leave with inspiration and information to create your own wildlife habitat!

ON MEMBRANOUS WINGS

Tilden Nature Area Alan Kaplan
10am-noon, Sun, May 29
Look for, collect, observe, and release Hymenoptera: wasps, bees, ants, and others. Learn about the many ecological roles they play.

LAUREL CANYON AND RABBIT RUN PLANT HIKE

Tilden Nature Area Alan Kaplan
2-4pm, Sun, May 29
Walk into the heart of the Nature Area for a quick survey of the Plant Kingdom. If it has been hot, we'll have thimbleberries to eat.

MEMORIAL DAY OPEN HOUSE

Tilden Nature Area Interpretive Staff
11am-4pm, Mon, May 30
Join us for a day of critters, crafts, and creative fun! Visit our reptiles and bunnies (not at the same time!), play games, make nature crafts and maybe even a tasty snack.

FAMILY POND STUDY

Tilden Nature Area Alan Kaplan
3-5pm, Mon, May 30
Have your family meet some of ours (aquatic insects, families, timers, waterboatmen, and the REAL phantom menace) learn a lot about adaptations for respiration, swimming, and feeding underwater.

BIRD'S EYE VIEW

Tilden Nature Area Jessica Sheppard
10am-2pm, Sat, Jun 4
Hike from the cool canyon of our watershed to the top of Wildcat Peak. We will enjoy the changing flora as we ascend, looking for the last of the wildflowers. Bring your lunch and something to drink for our break at the top to enjoy the view that the birds own every day.

NATURE SURVIVAL FOR KIDS

Tilden Nature Area Gina Gargano
2:30-4:30pm, Sat, Jun 4
Come one, come all...if you're a kid age 8-12, that is. Have fun learning something we hope you never need to use. We'll learn what to eat, how to make shelter and first aid techniques in case you ever get lost.

Reg. Required: (510) 525-2233

COMPOST CRITTERS

Tilden Nature Area Interpretive Staff
11am-12:30pm, Sun, Jun 5
Learn which animals do the dirty work of turning leftovers into rich soil, then search them out and make a worm boat to take home. 5+ yrs

GOODNIGHT LITTLE FARM

Tilden Nature Area Interpretive Staff
3:30-4:30pm, Sun, Jun 5
Stop by the Little Farm and help us with the afternoon feeding. Learn about our rare breeds as we tuck them in for the night.

ALL TRAILS, ALL DAY

Tilden Nature Area Alan Kaplan
10am-2pm, Sat, Jun 11
A whirlwind tour of my favorite trails- all of them! Bring lunch, liquids, hat, and sunscreen. We'll return to the Visitor Center a few times for short breaks.

JOYS OF WALKING

Tilden Nature Area Alan Kaplan
2-4pm, Sun, Jun 12
Hear what great writers have to say about sauntering, learning the origin of the word, the meaning of flaneur, and who your best doctors are.

TALKING WITH TURTLES

Tilden Nature Area Interpretive Staff
11am-noon, Sat, Jun 18
Meet our resident reptiles! Learn why they "stick their necks out" to "go out on a limb" wearing turtle necks year-round.

BUTTERFLY TRADING CARDS

Tilden Nature Area Interpretive Staff
1-2:30pm, Sat, Jun 18
Create your own set of butterfly trading cards to take home. We will look in the garden for these colorful insects and the plants they need to survive. 7+ yrs

Reg. Required: (510) 525-2233
Fee: \$3

FATHER'S DAY

CAMPFIRE & SING-ALONG

Tilden Nature Area Margaret Kelley
5:30-8:30pm, Sun, Jun 19
Bring your hot dogs, buns, marshmallows, and
leaving sticks. We'll cook over an open fire,
sing songs and tell stories. Dress for fog. We'll
walk uphill to the campfire circle.

SUMMER SCIENCE WEEK

Tilden Nature Area Alan Kaplan
10am-4pm, Mon-Fri, Jun 20-24, Jul 11-15, Jul
18-22, Aug 8-12, Aug 15-19
Week long science covering biology topics of
interest to junior scientists. **June 20:** Insects
and plants—count butterflies, hunt bugs and
meet common plant families. **June 21:** Mammals
and Birds—pick apart an owl
pellet, prepare a mammal baby announcement
and discover your home range. **July 18:** Pot-
pourri—different topics daily. Pond and Stream,
Reptiles and Amphibians, Dinosaurs, Astronomy,
Rainforests. **August 8:** Small World and Body
Biology—human biology and a close look at the
kingdoms of life. **August 15:** Best of Science
Week—presentations from past sessions. 9-12yrs
Reg. Required: (\$10) 636-1684
Fee: \$160 (\$176 non-res.)

LITTLE FARM WEEK

Tilden Nature Area Scott, Gargano
10am-4:30pm, Mon-Fri, Jul 4-8 #8131,
Jul 25-29 #8132, Aug 1-5 #8133
Experience the old-time country lifestyle during
a week of farm camp fun! We'll learn about
farm animals, dig, shovel, harvest, cook, get
dirty and have fun! 8-11 yrs
Reg. Required: (\$10) 636-1684
Fee: \$150 (\$166 non-res.)

SUMMER SOLISTICE WORDS AND MUSIC

Tilden Nature Area Nicole Hicks
11am-noon, Tue, Jun 21
Bring out the guitars, drums, and poetry! Let
us celebrate the longest day of the year with
acoustic music and poetry about your favorite
season, nature spot, or Tilden!

ON THE BLUEBIRD TRAIL

Tilden Nature Area Dave Zuckermann
10am-1pm, Sun, Jun 26
Climb briskly up and over Wildcat Peak to hike
a portion of our bluebird nestbox trail. Help
with our nesting birds, and enjoy great
views on this hilly, 3.5-mile hike. Bring water
and snack. 10+ys

PAT THE BUNNY

Tilden Nature Area Interpretive Staff
1-2pm, Sun, Jun 26
An afternoon story for those non-napping toddlers
(ages 2-4), then meet the guest of honor,
a Little Farm Dutch rabbit.

OTHER PARKS

LAKE DEL VALLE

SCENIC BOAT TOUR

Del Valle Interpretive Staff
1-2:30pm, Sats and Suns in May & June
There's no better way to enjoy Del Valle than
being out on the lake. Join us on a boat tour to
the dam. We'll answer your questions about the
lake, the wildlife, and the activities available for
you in the park. Bring a jacket, sunscreen, and
binoculars if you have them. Purchase tickets at
the west-side concession beginning at 11 a.m.;
age 13 and up \$4.25; age 1-12 \$2.75; under 1
year free if in parent's arms. All children under 13
(including infants) and all non-swimming adults
will be required to wear a provided flotation
device. Programs may be canceled if there are
five or fewer participants.
Info: (925) 862-2601

MID-DAY MEANDER

Ta, Wildcat Canyon Alan Kaplan
2:30-4:30pm, Tue, May 3, Jun 7
In May, we'll visit my favorite trails in the Tilden
Nature Area for bird songs, oak galls, ferns, and
flowers. In June, meet at the Alvarado/Wildcat
Canyon staging area off Park Avenue for a history
walk to the Belgium Estate.

BIRD WALKS

MLK Jr. Shoreline Jessica Sheppard
3:30-5:30pm, Tue, May 3, 10, 17, 24
Enjoy a pre-sunset stroll with beautiful views,
bird breezes, and birding. The migrants may be
gone, but the call of the clapper rails still
ring through the marsh, and the elusive bur-
rowing owls still lurk in the grass among the
jackrabbits.

Info: (510) 525-2233

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WEDNESDAY WALKS

Various parks Christina Garcia
9:30-11:30am, Wed, May 4, 18, 25,
Jun 1, 15, 22, 29
Explore unique habitats of the East Bay with
our friendly walking group. Discover the natural
and human history of our beautiful parklands
and improve your health on a fast-paced hike.
Hikers of all ages and abilities are welcome.
Wear sturdy footwear and bring water. We
hike rain or shine, but hikes may be re-routed
due to trail conditions. **May 4:** Garin/Dry Creek
Pioneer—After an easy hike through fragrant
oak-bay woodlands and shady canyons, climb
Tolman Peak. The climb is quite strenuous, but
with great views. Distance for this Trails Chal-
lenge hike is about 5 miles. Meet at the Barn.

May 18: Hayward Shoreline—View the abundant
shorebirds and waterfowl on this Trails Chal-
lenge hike. Find out what makes this habitat
so special and which endangered species make
their homes here on an easy 3-mile loop through
Cogswell Marsh. No Dogs, please. **May 25:**
Sunkiss—Keep your eyes open for eagles, hawks
and falcons as we ascend 1,360-foot Flag Hill.
This strenuous Trails Challenge hike will cover
4.7 miles. Directions: From I-680 in Sunol, head
south on Calaveras Road for about 4 miles. Meet
at the second parking area on the left. **June 1:**
Redwood—Walk along Redwood Creek amidst
the remnants of a redwood forest that once
covered much of what is now called the Oakland
Hills on this Trails Challenge hike. Follow an old
logging route past sites where shanty towns
housed mill workers and their families and enjoy
the beauty of the second growth trees on this
moderately strenuous 3-mile hike. **June 15:** Don
Castro/Five Canyons—We'll circle the lake, then
explore some of the 300 acres of open space
that surround the Five Canyons development.
Meet at Don Castro Regional Recreation Area
for this somewhat strenuous 5.5-mile hike.
Meet by the entrance to the swim lagoon.

June 22: Morgan Territory—Explore the hills and
shady canyons of this uncrowded preserve on
a somewhat strenuous 5-mile hike. We'll look
for late wildflowerers and rare evidence of the
Volcan people who once lived in this peaceful,
wild, beautiful area. **June 29:** Coyote Hills—Learn
about the life of the first Californians on a visit
to the freshwater marshes of Coyote Hills. Our
3.5-mile route through the cattails will take us
past a 2,000-year-old Ohlone shell mound. Meet
at the Visitor Center Parking Lot.
Info: (510) 796-0199

BIRD WALKS

Various parks Alan Kaplan
5:30-9am, Thu, May 5; 7-9:30am, Thu & Thu,
May 17, 24, 26, 31, Jun 2, 14
May 5: Tilden Nature Area at a special early
time (5:30 a.m.) for the dawn chorus. **May 10:**
Tilden, meet opposite the Pony Ride for a walk
up the Gorge Trail. **May 17:** Wildcat Canyon,
meet at the end of Rifle Range Road for a stroll
to see birds of woods and creekside. **May 24:**
Wildcat Canyon, meet at the end of Clark Road
off San Pablo Dam Road for grasshopper spar-
rows (please do not park in the schoolyard). **May**
26: Biondes from Bear Creek Road entrance for
lazzuli buntings. **May 31:** Tilden Nature Area for
more songs and singers. **June 2:** Kennedy Grove
off San Pablo Dam Road for woodland and
chapparral birds. **June 14:** Biondes from the Bear
Creek Road entrance for redwinged blackbirds,
white-crowned sparrows, and western bluebirds
(it's Flag Day!).
Info: (510) 525-2233

TWENTY MILES IN A DAY

Del Valle Cat Taylor
7am-7pm, Sat, May 7
Explore the remote reaches of the beautiful
Ohlone Wilderness Trail from Lake Del Valle to
Sunol-Ohlone Regional Wilderness. This strenu-
ous 20-mile adventure can be enjoyed with a
light heart and without a 35-pound pack. We'll
hike at a steady but unhurried pace through
some very impressive elevation changes with
little more than a daypack, lun ch, and plenty
of water. Participants must be in reasonably
good shape and will need to arrange their own
transportation from Sunol to Del Valle at the
journey's end. Cars may be left overnight at
Sunol on Fri, May 6. Hikers under 18 must
be accompanied by an adult. 15+ys

Reg. Required: (925) 862-2601

Fee: \$2 for Ohlone Wilderness Trail permit

MILLER/KNOX AT YOUR FEET

Miller Knox Dave Zuckermann
10am-1pm, Sun, May 1
Smack-dab in the heart of industry lies a peace-
ful shoreline. Climb the hills and learn the
history of Rancho San Pablo, Ferry Point, and
Botts' Flying Machine. Meet in the first park-
ing lot off Dornan Drive near Point Richmond.
Info: (510) 525-2233

WOMEN ON COMMON GROUND

Locations vary
Times and dates vary
A series of naturalist-led programs for women
who love to hike, camp and play in parklands,
but whose concern for personal safety keeps
them from enjoying their parks. For a springer, fill
call (925) 862-2601 or email vsvisit@eparks.
org

Free varies

MISTY MORNING DOG WALK

Redwood Naturalist Nancy
8:30-11:30am, Sat, May 7
From Skyline Gate, a scenic 4.5-mile journey
through redwoods, oak bay forests and along-
side Redwood Creek awaits you and your canine
pal. We'll chat about local flora and fauna, and
discuss domestic canines they're our pals. I'll
share tidbits about local wild canids: coyote
and fox.

Reg. Required: (510) 521-6887

DEL VALLE CAMPFIRE PROGRAMS

Del Valle Interpretive Staff
8:30-9:30pm, May 7, 14, 21, 27, 28, 29, Jun
3, 4, 10, 11, 17, 18, 24, 25
Join the Sunol interpretive staff for entertaining
and educational programs at the campground
amphitheater. One of our staff will visit cam-
pites before each evening's campfire program to
answer questions about the Regional Parks, Del
Valle, and park plants and animals. Non-campers
are welcome. **May 27:** California's Official Every-
thing. **May 28:** Sing of Song of Welcome. **June**
3: June Swoon. **June 10:** Let's Clap and Shout.
June 17: Bottle of Pop and a Ham Sandwich.
June 24: Musical Magic.
Info: (925) 862-2601

BAY AREA

STORYTELLING FESTIVAL Linda Yemoto
Kennedy Grove
9am-7:30pm, Sat-Sun, May 21-22
Our 20th Festival will be filled with celebrations
and surprises. Join five of our favorite tellers
from across the nation. Dove Thomason from
Waldorf, Maryland, will share stories of her
Lakota, Kiowa Apache heritage. Donald Davis
from Okracoke Island, North Carolina, can make
you laugh and cry at the same time with his tales
of growing up in the Southern Appalachians.
Charlotte Blake Alston of Philadelphia honors
the African and African-American experience
through her musical, poetic performances. Willy
Clafin of San Francisco ranges from beautiful
Scottish ballads to absurd Mother Goose paro-
dies. Eth-Noh-Tec of San Francisco is the com-
bined performance chemistry of Nancy Wang
and Robert Kikuchi Yngyjo, who weave music,
dance, and rhythm with the spoken word. Visit
www.bayareastorytelling.org for more informa-
tion, or call (510) 869-4969, or (650) 952-3397.
Individual event tickets available. 9+ys
Fee: \$55 adults 16+ys/
\$42 senior 62+ys/\$31 child under 15ys

MISSION PEAK TO SUNOL HIKE

Mission Peak Parkerson, Herron
9am-4pm, Sat, May 21 #9525
Varied vistas, heart-pumping hiking, natural
history nuggets, cheerful camaraderie—these
are just a few of the benefits you'll receive on
this all-day trek. This vigorous 8-mile hike begins
by summiting Mission Peak and continues at a
leisurely pace until we reach Sunol. Along the
way, we'll listen for coyotes, look for animal
tracks, and discuss natural history. 16+ys

Reg. Required: (510) 636-1684

LAND BANK TOURS

Walpert Ridge, C&H property Bob Doyle
10am-4pm, Sat, May 21 #9748
10am-2pm, Sat, Jun 18 #9749
Robert Doyle, Assistant General Manager of the
Land Division, will lead two hikes to explore the
Walpert Ridge area at Garin Dry Creek/Pioneer
Regional Park and the area on the Franklin
Canyon side of the C&H property at Carquinez
Regional Shoreline. These personally guided
hikes are tours through undeveloped scenic
land banks and are intended to give the public
opportunities to see property not yet open to the
public. Hike and talk about the natural history of
the area and how it was preserved. Learn about
the future challenges facing land conservation
and EBRPD. **May 21:** Hike the landbanked
Walpert Ridge property at Garin/Dry Creek
Pioneer Regional Park. See sweeping vistas of
the entire south bay area. **June 18:** Hike the
landbanked C&H property on the westside area
of Cummings Skyway. See sweeping vistas of the
Carquinez Strait, the marshland of Benicia State
Recreation Area to the north, Mt. Tamalpais
to the west, Mt. Diablo to the east, and the
ridges of Briones and Tilden to the south. No
dogs both hikes, parent participation required
both hikes.

Reg. Required: (510) 636-1684

Fee: \$10 (\$12 non-res.)

TRAILS CHALLENGE GUIDED HIKES

Huckleberry & Redwood Naturalist Nancy
8-11am, Sat, May 21 Huckleberry
1:30-3:30pm, Sat, May 21 Redwood
Huckleberry: On our strenuous 5-mile hike
you will travel through a native plant com-
munity found nowhere else in the East Bay and
view an exposed cross-section of volcano, right
down to its roots. Add golden eagles and red-
tailed hawks and this is a grand hike. 10+ys
Redwood: Stroll under the shady canopy of a
coast redwood forest and oak/bay woodland on
this 2.7-mile hike. As we walk, we'll discuss the
parks' raucous history and fabulous flora/fauna.
This is a great hike for novices ready for more
challenging terrain. 8+ys

Reg. Required: (510) 521-6887

SUNDAY HEADWATER HIKES

Various parks Mike Moran
9am-noon, Sun, May 22, 29, Jun 5, 12
Myriad hikes bless our valleys. We walk their
banks, follow their flow, reel in their grace,
wonder where they begin their journey. Wonder
no more! As spring gives way to summer, join
us on our exploration of the headwaters of four
of our region's gems. We'll explore how they
spring to life and connect not only all points
in the watershed, but many regions beyond.
Varying difficulty. **May 22:** Kirtler Creek, Black
Diamond. **May 29:** Sand Creek, Black Diamond.
June 5: Pine Creek, Diablo Foothills. **June 12:**
Marsh Creek, Morgan Territory.
Reg. Required: (925) 757-2620

DYNAMITE HISTORY WALK

Point Pinole Dave Zuckermann
10am-1pm, Sun, May 22
Discover the park's history by dynamite! We'll
explore Point Pinole's explosive and peaceful
past on this flat, easy-paced walk.
Reg. Required: (510) 525-2233

TURN OF THE

OVER-DE-HILLS-GANG

Various parks Dave Zuckermann
10am-noon, Tue, May 24, Wed, Jun 22
Hikers 55 years and older who are interested
in nature study, history, fitness, and fun are

invited to join us on a series of monthly excursions exploring our Regional Parks. **May 24**, Las Trampas. **June 22**, Sibley.
Reg. Required: (510) 525-2233

SHORELINE SLEUTHS

Martinez Shoreline Sabrina Dussau
10am-noon, Sat, May 28
Grab your magnifying glass-let's explore the wetland and waterways to detect the important role they play in our lives.

Reg. Required: (925) 757-2620

REDWOOD BIOSPHERE

WHERE FEW STARS SHINE
Chabot Space and Science Center
Naturalist Nancy

3-4:30pm, Sat, May 28

Experience the dense shade and moist climate of a redwood forest. Coast redwoods' dense canopy limits sunlight and house a collection of shade-tolerant plants and animals. Join us for this one-mile stroll through the forest adjacent to Chabot. A quick, no-fee tour of the Science Center is an option after the hike.
Info: (510) 521-6887

ANTHONY CHABOT CAMPIRE FIREWORKS

Anthony Chabot Gail Broesder
8-9pm, Sat, June 28, Jun 4, 11, 18, 25

Dress warmly and bring marshmallows for roasting. Non-campers welcome. **May 28**, Something's Fishy. Songs, stories, and details about Bay Area fish, which include SHARKS!
June 4, Going on a "Lion Hunt"-we may not catch a big one but we'll learn the truth about mountain lions in the East Bay. **June 11**, Things that go BUMP in the Night-if you're worried about that, I'll put your mind at ease tonight.
June 18, Moon Magic-with special guest Celest Burrows, astronomy instructor from the Chabot Space & Science Center, followed by moon viewing. **June 25**, SSSSnakes-all that slither should come this year.

Info: (510) 521-6887

LA MÁGICA DE LOS SECOS VAS

Chabot Space and Science Center Facendini
1-3pm, Sun, May 29
¿Porque creen los secos vas tan grandes, rojos, y antiguos? Aprende de los secretos del árbol más alto del mundo a esta caminata. Es un programa bilingüe para toda la familia que empieza al "Chabot Space and Science Center". La excursión entera dos horas por un sendero tranquilo.

ECO-EXPLORERS: BIKE HIKE

Alameda Creek Trail Cat Taylor
9am-noon, Sat, Jun 4
Children in grades 3-7 are invited on this series of outdoor adventures for kids and families who like to explore parks and enjoy up-close, hands-on adventures. We'll ride bikes and stretch our legs as we follow the path of water along the lower stretches of Alameda Creek near Quarry Lakes to the brackish waters of San Francisco Bay at Coyote Hills (14 miles total). Bring plenty of water, a helmet, bike bell, and a snack to replenish our saging energy.

Reg. Required: (925) 862-2601

Fee: \$6 (\$8 non-res.)

MEADOW MEANDER

Redwood Gail Broesder
2-3:40pm, Sat, Jun 4
From Bort Meadow to the stone bridge and back, we'll explore this varied park. Along the way we'll search for signs of the area's history. We'll also look for local wildlife and native plants. 7+ys

Info: (510) 521-6887

THURSDAY BIRDING

Various parks Mike Moran
9-11:30am, Thu, Jun 9, 23

June 9, Round Valley-Off to the magnificent oak studded hill and grassy dale are we to search for golden eagles above, rock wrens below, and all in between. **June 23**, Ironhorse Sanitary District-Come see what avian fauna (perhaps even our first mountain quail!) summer has brought to Delta wetlands.

Reg. Required: (925) 757-2620

AT SUMMER'S CUSP

Botanic Garden Alan Kaplan
10am-noon, Sun, Jun 12
Pollination will be our theme as we tour the native plant facility at the heart of Tilden Park.

TUESDAY TWILIGHTS

Various parks Interpretive Staff
7-9pm, Tue, Jun 14; 8-10pm, Jun 21;
7-9pm, Tue, Jun 28;
7:30-9:30pm, Tue, Jun 21 #9744
Tuesday evening naturalist programs in different parks throughout the summer. Hikes vary in difficulty and distance. For a complete listing send legal-sized SASE to Tuesday Twilights, Sunco-Ohlone Regional Wilderness, P.O. Box 82, Sausalito, CA 94965 or email svst@ebparks.org.

June 14, First Night-Join Naturalist Kate Colbert to launch the 2005 Tuesday Twilight season as the sun sets over the grass-swamp ridges and rustling woods of Sibley's mysterious landscape. Meet at park entrance on Skyline Blvd. for our 3-mile relatively level round-trip saunter. **Info: (925) 862-2601. June 21**, Sunset, Moonrise Solstice Hike-Absorb the beauty of a spectacular sunset and a full moon rising on the longest day of the year. Share solstice stories and moon lore with Naturalist Bethany Facendini on this 3.5-mile ridgeland hike, which is uphill on the way to the vista point. Bring nature-inspired poetry, tales, or art if you'd like. Meet at the MacDonald Staging Area off Redwood Road. Bring a flashlight. **Info: (510) 521-6887. June 21**, Boating By Moonlight-Hop aboard the Del Valle motorboat for a two-hour voyage around the lake. We'll enjoy a sunset while looking for diurnal animals preparing for bed, including the famous pair of bald eagles, then cruise in twilight watching for bats and other nocturnal creatures. If we're lucky, we'll catch the full moon rising over the hills at the end of the trip. No drop-ins accepted. Infants free if in parent's arms. All non-swimming adults and children required to wear a provided flotation device. Parent participation required. Fee: \$5 (\$3 non-res.).

June 28, A Creekside and Ridgeway Ramble-Join naturalists Norm Kidder and Jan Southworth on a hike down Dry Creek, past Jordan Pond, then return by way of Ridge Loop Trail with stops along the way to enjoy the views and learn a little park history. Meet at the Garin Barn Visitor Center. **Info: (510) 795-9385.**

DAD'S DAY DAVIDLE
Martinez Shoreline Mike Moran
10-11:30am, Sun, Jun 19

Martins (with olives!), brandy, bottled water, baseball, bocce, birds, boats, bass, bridges, boardwalks and beyond. What better way to spend Dad's Day than steeped in the beauty and history of the Martinez waterfront?

Reg. Required: (925) 757-2620

YEAR OF THE ESTUARY HIKES

Various parks Kelley, Zuckermann
2-3:30pm, Sun, Jun 19 Lone Tree Point
10am-1pm, Sat, Jun 25 Carquinez
June 19, Enjoy beautiful beach access along the Future Bay Trail corridor as we explore the natural history of this "interim-use area" regional parkland. Meet in the public parking area at Pacific Ave. and San Pablo Ave. in Rodeo. **June 25**, Enjoy sweeping views above the strait as we explore this region's exciting history. Meet at the Eckley Pier staging area off Carquinez Scenic Drive near Crockett.

Info: (510) 525-2233

FULL CIRCLE-FROM SEED TO SEED

Botanic Garden Davidman, McCondoche
9am-3pm, Mon, Jun 20
A 5-day camp for children ages 6-8 to be held in the Botanic Garden. Each day will be a program of activities relating to gardening, botany, and creatures of the garden through journal keeping, music, exploration and play.

Reg. Required: (510) 841-8732

Fee: \$18Q

SUNSET, MOONRISE SOLSTICE HIKE

Redwood Bethany Facendini
8-10pm, Tue, Jun 21

Absorb the beauty of a spectacular sunset and a full moon rising on the longest day of the year. We will share solstice stories and moon lore on this 3.5-mile ridgeland hike, which is uphill

on the way to the vista point. Bring inspired poetry, tales, or art if you'd like. Don't forget a flashlight, water and to dress in layers. Meet at MacDonald Staging Area off Redwood Road.
Info: (510) 521-6887

CAMPGROUND TO LAKE

Anthony Chabot Gail Broesder
3-5pm, Sat, Jun 25
Meet at campground amphitheater to walk with a naturalist. We will talk about the history of the lake, plants, and animals on this down-and-up walk. Bring a full water bottle. 7+ys

Info: (510) 521-6887

BEAVERS AT BIG BEAK

Big Beak Mike Moran
9-11am, Sun, Jun 26
See a beaver lodge and explore the life and times of the beaver and the other denizens of the rich wetlands of the Delta on this relaxing saunter along a laid, paved trail.

Reg. Required: (925) 757-2620

VOLUNTEER

PUBLIC SAFETY VOLUNTEERS

On-going volunteer programs assist District staff in the delivery of essential services, including educating trail users about trail safety, assisting the helicopter with rescues; supplementing police in patrol activities and incident response. Certifications and/or training are required for some programs. FLIGHT MEDICS, Sgt. White, **Info: (510) 785-3370. BICYCLE PATROL, HIKING PATROL, COMPANION DOG PATROL, MOUNTED PATROL, Patrick Balizan, Info: (510) 544-3133**

PARK/TRAIL GUIDES

Guides are needed to assist the visually impaired in hiking on Regional Parks trails. Training provided by Bay Area Outreach Recreation Program (B.O.A.R.P.)

CAMP ARROYO GARDEN VOLUNTEERS

Camp Arroyo Kathy Swartz
Times and dates vary
The beautiful Camp Arroyo in Livermore is in need of a hard-working group of volunteers to assist in helping with our organic garden for children. Volunteers will be involved with the daily maintenance and planning of the garden and can choose to work with students in the garden during the school year. There are many fulfilling tasks to choose from based on your skills and interests. With such a large project, any amount of time is appreciated.
Info: (925) 455-7976, ext. 13, or kswartz@ymcaeastbay.org

APPLE ORCHARD VOLUNTEERS

Garin/Dry Creek Pioneer
Dates and times vary
Join us in preserving a precious piece of history! Since 1985, volunteers have maintained a beautiful apple orchard with over 200 trees and 160 heirloom varieties of apples. We are recruiting new volunteers to prune, weed, and fertilize this orchard to ensure its ongoing contribution to this regional park. Each year the fruits of the volunteers' labor are celebrated during the Apple Festival. The public is thrilled to sample varieties of apples that have long since disappeared from grocery shelves. Volunteers meet once a week, from 9:30 a.m. to 1 p.m.

Info: (510) 582-2206

LIZARD LEGIONNAIRE

Garin, Sunol Doc Quack
June-Sept., Dates and times TBA
Discover the beauty, mystery, and magic of the region's reptiles while participating in field research to conserve and manage grassland wildlife. This on-going research includes setting up research plots, traps, monitoring, vegetation survey, and hands-on data entry. Space is limited.

Reg. Required: (510) 544-2330

SCOTCH BROOM REMOVAL

Redwood
9:30am-1:30pm, Sat, May 7, Jun 4
Help restore beautiful Redwood Regional Park by removing scotch broom, which is displacing native plants, and planting native grasses. For information, call Jill Kiernan at (925) 756-0195.

WILDLIFE VOLUNTEERS:

BREEDING BIRD BIOLOGISTS

Various Doc Quack
6-8am, Sun, May 15, 29
Get "nose to beak" with the birds, while "con-ducking" fieldwork helping to manage our feathered friends. Space is limited.
Reg. Required: (510) 544-2340

SUMMER FARM VOLUNTEERS

Ardenwood Christina Garcia
10am-2pm, Thur & Fri, June through Aug
Learn to handle the farm animals, demonstrate turn-of-the-last-century crafts and farm chores, and play old-fashioned games during our farm training session. If you're at least 14 years old, enjoy working with children, and are available on weekdays, call (510) 796-0199 or email cgarcia@ebparks.org for an application.

Reg. Required: (510) 796-0199

NATIONAL TRAILS DAY

Tilden Terry Noonan
8:30am-1:30pm, Sat, Jun 4

Help with trail rehabilitation including pruning, erosion repair, and tread improvements. This effort is a Great Service Project co-sponsored by the East Bay Area Trail Council. Bring gloves, snacks, and water. No dogs, please. 10+ys
Reg. Required: (510) 544-2631

WILDLIFE VOLUNTEER:

FOREST OF THE FUTURE
Coyote Hills Doc Quack
2-5pm, Sun, Jun 26

Discover the "nutty wildlife truths" about oak trees, and help the world breathe easier by tending and caring for trees. Each tree helper will receive a "Forest of the Future" patch. Parent participation is required.

Reg. Required: (510) 544-2340

EDUCATORS' ACADEMY

CRUISING THE COSMOS

Sunol Katie Colbert, Cat Taylor
2:30-10pm Sat, May 21 #9280
Illuminate the magic and mystery of the night sky for your students and introduce them to the lifelong joys of naked-eye astronomy. Discover the seasons of the sky and stars, the stories and shapes hiding in the constellations, the size and structure of our heavenly neighborhood and more. Overnight creekside camping under the full moon is optional. Adults.

Reg. Required: (510) 636-1684

Fee: \$45 (\$51 non-res.)

PROJECT

LEARNING TREE (PLT)

Tilden Nature Area Margaret Kelley
9:30am-4:30pm, Sat, Jun 18 #9287
PLT is an international award-winning education program focusing on worldwide forest ecology and environmental issues and designed to reach grades K through 12. Adults.

Reg. Required: (510) 636-1684

Fee: \$45 (\$51 non-res.)

EDUCATOR'S PARK 'N' IT

SUMMER DAY CAMP

Various parks Staff
8:30am-4:30pm, Tue, Jun 28 Tilden #9370
Wed, Jul 6 MLK #9371, Jul 12 Tilden #9372, Jul 19 Black Diamond #9373, Jul 26 Coyote Hills #9374, Aug 2 Ardenwood #9375

As an Educators Academy participant, you have the option of registering your child for the Park 'n' Day Camp while you are attending the Educators Academy. You will have peace of mind knowing that your child is nearby under the care of experienced EBRPD camp counselors. Activities will include games, arts and crafts, naturalist programs, swimming, and more! Adults.
ReReg. Required: (510) 636-1684
Fee: \$20 (\$22 non-res.)

INSECTS

AND CRAWLING CREATURES

Tilden Nature Area Alan Kaplan
9am-3:30pm, Tue-Thu, Jun 28-30 #9282
Discover the world of insects and their relatives in two Regional Parks, where you will collect, observe, and release insects. You'll get 101 new ideas for K-5th grade classes and outdoor activities. Adults.
Reg. Required: (510) 636-1684
Fee: \$100 (\$110 non-res.)

MEMBERSHIP PROGRAM

Enjoy free parking, free dog pass, free swimming during swim season, free admission to Ardenwood on non-event days, members-only newsletter, discounts from Urban Park Concessionaires and The Picnic People (restrictions apply). For info see www.ebparks.org.

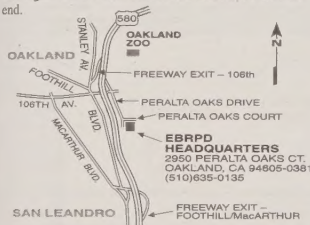
Individual Memberships (valid for one person only; must be a resident of Alameda or Contra Costa counties): \$45 Regular, \$38 Senior, \$10 Senior Partner Pass, \$38 Disabled Person, \$38 Student (all categories \$60 for non-residents of Alameda or Contra Costa counties).

Family Memberships (Valid for up to 2 named adults 18+ years and up to four children 2-17 years): \$90 Regular, \$76 Senior, \$76 Disabled Person, \$76 Student (all categories \$120 for non-residents of Alameda or Contra Costa counties).

Donor Circle Membership and Philanthropy (includes one Family Membership package): \$250 Tilden Circle, \$500 Reinhardt Circle, \$750 Mott Circle, \$1,200 Sibley Circle.

To reach the Central Registrations office:

From South or East of Oakland on I-580 West, take the MacArthur/Foothill exit in San Leandro. Bear right onto Foothill, turn right on 106th Ave. and right again onto Peralta Oaks Drive. Follow it to the end. From Oakland or north or west of Oakland on I-580 East, take the 106th Ave. exit in Oakland. Take the first three left turns; this will put you on 106th Ave. From 106th, turn right onto Peralta Oaks Drive and follow it to the end.



SPECIAL RECREATIONAL FACILITIES AND PROGRAMS

FACILITIES AND PROGRAMS	PARK	OPERATOR	PHONE
Archery - Field and Target	Briones	Briones Archers	(510) 724-3814
Archery - Field and Target	Redwood	Redwood Bowmen Assoc.	(510) 530-0400
Bike Rentals	Del Valle	Windsurf Del Valle	(925) 455-4008
Boat Rentals	Del Valle	Urban Park Concessionaires	(925) 449-5201
Boat Rentals	Shadow Cliffs	Park Vending and Concessions	(925) 846-9263
Boat Rentals	Lake Chabot	Lake Chabot Park Company	(510) 852-2198
Camping (groups)	Various Parks	East Bay Regional Park District	(510) 562-2267
Camping (families)	D. Valle, A. Chabot, Sunol (EBRPD)		(510) 562-2267
Dog Wash	Pt. Isabel	Mudpuppy's Tub & Scrub	(510) 559-8899
Golf, Driving Range, Food, Banquet	Lake Chabot	Willow Park Inc.	(510) 537-8989
Golf, Driving Range, Food, Banquet	Tilden	American Golf	(510) 848-3733
Hang Gliding - Experienced Flyers	Mission Peak	Wings of Rogallo	(408) 476-2277
Blacksmith	Ardenwood	Scott Thomas	(510) 790-9060
Horse Arena	Martinez Shoreline	Martinez Horseman Association	(925) 228-8210
Horse Arena	Redwood	Judith Castro	(510) 336-0850
Horse Boarding Barn, Lessons	Anthony Chabot	Chabot Stables, Sara Cray	(510) 569-4428
Horse Boarding Barn, Lessons	Little Hills	Las Trampas Stables	(925) 838-7546
Horse Boarding Barn, Lessons	Redwood	Piedmont Stables	(510) 531-9944
Horse Boarding Barn, Lessons	Anthony Chabot	Skyline Ranch Equest. Center	(510) 336-0850
Horse Day Camp	Las Trampas	Las Trampas Stables	(925) 838-7546
Horse Day Camp	Castle Rock	Adventure Day Camp	(925) 937-6500
Horse Rentals, Trail Rides and Lessons	Little Hills	Las Trampas Stables	(925) 838-7546
Horse Rentals, Trail Rides	Sunol	Sunol Pack Station	(925) 862-0175
Marksmanship - Target & Skeet	Anthony Chabot	Chabot Gun Club	(510) 569-0213
Meeting and Club Activities	Martinez Shoreline	Martinez Sportsman Club	(925) 228-6358
Meeting and Club Activities	Martinez Shoreline	Martinez Pigeon Club	(925) 228-8222
Meetings, Weddings and Banquets	Tilden Brazil Room	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	Kennedy Grove	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	Temescal	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	MLK Jr. Shoreline	Regional Parks	(510) 540-0220
Merry-Go-Round, Children's Parties	Tilden	Terri Holliman	(510) 524-6773
Model Boat Facility	Ala. Creek Quar.	Model Mariners	www.nambr9.com
Model Railroad - 5 Scales and Museum	Miller Knox	Golden State Model RR Museum	(510) 234-4884
Native Plants	Tilden	NativeHere Nursery	(510) 549-0211
Native Plants	Capitex	CREP	(510) 787-9772
Picnics (groups)	All Parks	East Bay Regional Park District	(510) 562-2267
Picnics, Parties and Events (groups)	Castle Rock	Picnic People	(925) 462-1400
Picnics, Parties and Events (groups)	Little Hills	Picnic People	(925) 462-1400
Picnics, Weddings, Food (groups)	Ardenwood	Picnic People	(925) 462-1400
Pony Rides, Kid's Parties, Day Camps	Tilden	Camey Thompson	(510) 527-0421
Railroad - Rides, and Museums	Ardenwood	Society to Preserve Carthage Bros.	(510) 796-9560
Trains - Model Steam Engines	Tilden	Golden Gate Live Steamers	(510) 486-0623
Trains - Steam Train Rides	Tilden	Redwood Valley Railroad	(510) 548-6100
Waterslide, Food, Group Picnics	Shadow Cliffs	Shadow Cliffs Association	(925) 829-5600
Windsurfing - Rentals and Lessons	Del Valle	Windsurf Del Valle	(925) 455-4008
Windsurfing - Rentals and Lessons	Crown Beach	Boardsports	(415) 258-9283

VISITOR CENTERS

ARDENWOOD
34600 Ardenwood Blvd.
Fremont, CA 94555-3645
(510) 796-0663

BLACK DIAMOND MINES
5175 Somersville Road
Antioch, CA 94509
(925) 757-2620

BOTANIC GARDEN
Tilden Regional Park
Berkeley, CA 94708
(510) 841-8732

COYOTE HILLS
8000 Patterson Ranch Rd.
Fremont, CA 94555-3502
(510) 795-9385

CRAB COVE VISITOR CENTER
1252 McKay Avenue
Alameda, CA 94501-7805
(510) 521-6887

DEL VALLE
7000 Del Valle Road
Livermore, CA 94550
(925) 862-2601

GARIN
1320 Garin Avenue
Hayward, CA 94544-6822
(510) 795-9385

SUNOL-OHLONE
P.O. Box 82 (on Geary Road)
Sunnyvale, CA 94586
(925) 862-2601

TILDEN NATURE AREA
Environmental Education Center (EEC) at Tilden Regional Park
Berkeley, CA 94708
(510) 525-2233

SWIM FACILITIES

LAKE ANZA
Tilden Regional Park
Berkeley, CA 94708
(510) 843-2137

CONTRA LOMA
1200 Frederickson Lane
Antioch, CA 94509
(925) 757-0404

CULL CANYON
18627 Cull Canyon Road
Castro Valley, CA 94552
(510) 537-2240

DEL VALLE
7000 Del Valle Road
Livermore, CA 94550
(925) 373-0332

DON CASTRO
22400 Woodrose Ave.
Hayward, CA 94581
(510) 538-1148

QUARRY LAKES
2250 Isherwood Way
Fremont, CA 94535
(510) 795-4883

ROBERTS POOL
10570 Skyline Blvd.
Oakland, CA 94619
(510) 482-6028

SHADOW CLIFFS
2500 Stanley Blvd.
Pleasanton, CA 94566
(925) 846-3000

LAKE TEMESCAL
6502 Broadway Terrace
Oakland, CA 94610
(510) 652-1155

REGISTRATION INFORMATION

NO REGISTRATION REQUIRED—Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

IN-PARK REGISTRATION—For programs requiring registration at park sites, call the number indicated in the description. Information will be provided when you call.

CENTRAL REGISTRATION—The course codes for programs that require central registration are printed in green throughout this directory. Please refer to the instructions below for registration procedures for mail-in, walk-in, phone or fax registration.

ON-LINE: WebReg online registration for Centrally registered programs is available at www.ebparks.org.

MAIL-IN: Complete the registration form on the back cover of this directory and mail with your payment (pre-printed check or fill in the credit card info on the mail-in form) to: East Bay Regional Park District, Reservations Dept., P.O. Box 5381, Oakland, CA 94605-0381.

WALK-IN: Come to the District Headquarters between 8:30 a.m. and 5 p.m. Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next door to the Dunsmeuir House and south of the Oakland Zoo off I-580. See map above.

BY FAX: Complete the registration form on the back cover and fax it to (510) 635-5502. Include all the necessary credit card information.

BY PHONE: Phone registration requires a credit card. Call the Reservations Office between 8:00 a.m. and 5:00 p.m. Mondays through Thursdays, and 8:00 a.m. and 4 p.m. on Fridays. The Reservations Office is closed on weekends and holidays. Please call the phone number for your area:

Oakland (510) 636-1684 Hayward (510) 538-6470
Contra Costa Co. (925) 676-0192 Outside East Bay (510) 636-1684
Livermore (925) 373-0144 TDD (510) 633-0460

FEES: Fees must be paid in full at the time of registration. They may be paid by pre-printed check, money order, VISA, Mastercard or in cash for walk-in registration. Non-resident fees apply to anyone living outside of Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program. Many programs have **fee assistance funds** available for low-income individuals and families. For information call the registration phone numbers listed at the bottom of the previous column.

CHECK ACCEPTANCE: Pre-printed checks are accepted for mail-in registration in the Central Reservations Office until two weeks before the program takes place. Make checks payable to EBRPD. Programs registered in the parks will accept checks up until the day of the program. Returned checks will be charged an additional \$15 Returned Check charge.

CREDIT CARDS: VISA and Mastercard are accepted for all fee programs *except* those that are registered at a park. Call the phone number in program description for info.

CANCELLATION POLICY:

REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. If you would prefer to transfer into another program or class and there is space available, your refund may be applied to the fee for that program or class. (See Special Cancellation Policy below for exceptions.)

IF YOU MUST CANCEL: For a full refund or credit toward another program, you must call in your cancellation at **least seven days prior** to the class or program. Failure to notify the Reservations Office at **least seven days in advance** of the program date will result in forfeiture of program fees. See Special Cancellation Policy below for exceptions.

Special Cancellation Policy: For certain programs requiring the Park District to commit a deposit or guarantee a minimum, refunds will not be available **less than 14 days prior** to the start of the program. In the case of cancellation due to inclement weather, a credit will be issued for a future class with the same instructor. These programs are noted by "Special Cancellation Policy applies" within the program description.

Mail or FAX



East Bay Regional Park District
Attention: Reservations
2950 Peralta Oaks Court, P.O. Box 5381
Oakland, CA 94605-0381
FAX (510) 835-5502

May-June 2005 Mail-in Registration

On-Line Registration: www.ebparks.org/events

Make checks payable to: EBRPD

☐ MasterCard ☐ VISA

Name (parent or guardian if under 18)

Address

City

Zip

()

Day phone

Night phone

email address

Amount \$

Expiration date

Authorized signature

Participant's Name	Birthdate	Class Title	Code	Date	Fee
	Month/Day/Yr	First Choice			
		Second Choice			
		First Choice			
		Second Choice			
Day Camp Scholarship Fund—provides subsidized day camp experiences for inner-city youth. (Optional)					\$1
Subscribe to this publication (Regional in Nature) (Optional)					\$5
Submit additional registrations on an attached sheet					Total \$

Signature required

Date

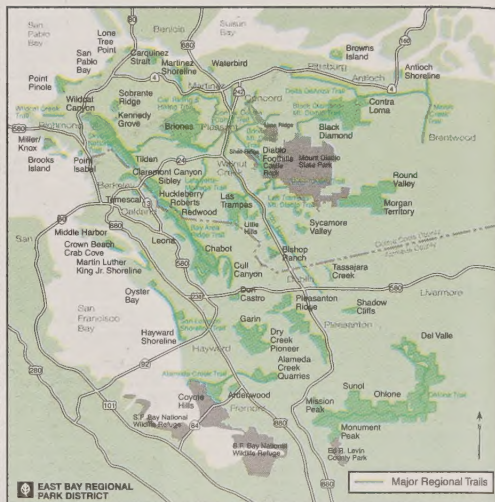
Parent or guardian if under 18



☐ Please check here if you are disabled and in need of special accommodations

How did you hear about our programs? ☐ TV ☐ Newspaper ☐ Visitor Center ☐ Radio ☐ Other

Office Use Amount paid _____ Check no./cash _____ Register no. _____ Staff initials _____



MEMBERSHIP

A PROGRAM OF THE
REGIONAL PARKS FOUNDATION



Enjoy the many beautiful treasures of the East Bay Regional Park District. Membership is a cost-effective way to make frequent visits to your favorite parks and trails.

Benefits for all Membership Packages

- Personalized Membership Cards for each named adult/teen
- Unlimited Day-Use Parking for each paid adult
- One annual dog pass (good for one dog)
- Free swimming during the swim season
- Free admission to Ardenwood on non-event days
- Subscriptions to Regional in Nature (an activities newsletter) and The Key (a members-only newsletter)
- 50% discount on off-season camping (October through April)
- Discounts from Urban Park Concessionaires
- Discounts from The Picnic People
- The option of purchasing additional features to accompany your Membership

Individual Membership

Regular\$45
Senior (62 years or older)\$38
Senior Partner Pass\$10
Disabled Person\$38
Student\$38

Family Membership

Regular\$90
Senior (62 years or older)\$76
Disabled Person\$76
Student\$76

For residents outside Alameda and Contra Costa Counties,
Individual Membership in all categories\$60
Family Membership in all categories\$120

To purchase a Membership, or for more information, see www.ebparks.org, email members@ebparks.org, or call Heather Marlais (510) 544-2203.

East Bay Regional
Park District
2950 Peralta Oaks Court
Oakland, CA 94605-0381